



Hi Guys!

This is the second edition of the Robinson Fitness's monthly newsletter. It is a quick insight into what's going on at Robinson Fitness, and to provide some handy hints and tips to ensure your success.

Summer is here now and Bootcamp Solution is in full flow, both Chris Burton and I have had a lot of fun training people on Tooting Bec Common. Our sessions have been jam packed with variation from S.A.Q and Boxing to Kettlebell workouts with the inclusion of fantastic weather it should be a good summer for Bootcamp Solution!

Bootcamp Solution was extremely lucky to have a small article published in last weeks 11th July South London Press, which I am extremely grateful to them for! Thankyou Selena!

Bootcamp Solution – Meet in reception, £10 a session!

Mondays – 6.30pm – 7.30pm

Saturdays – 11.30am – 12.30pm

July is just starting to heat up for Robinson Fitness with the introduction of my new T Shirt range! Hitting the streets of Streatham late July early August time. Contact me for further information

My own personal fitness has taken a new turn this month; I have dramatically increased my cardiovascular training and TRX Training in preparation for my triathlon in August which has meant I am now spending even more time in the gym! I have recorded some fast 5km times so far, so long may it continue in preparation for the triathlon.

Workouts of the month

1. Deadlift 1-10-1-20-1-30 reps

(Add up all six barbell loads) Email me your results!

2. For 20 minutes:

Run 400 meters

Rest precisely the time of the previous run

Toms Tip

Finding your strength is starting to plateau? Eccentric overloading is sure fire way of helping to beat the strength plateau

Any questions or feedback about the newsletter? Please email me at Tom@robinsonfitness.co.uk

Committed to your success,

Tom

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'Some people want it to happen, some people wish it would happen, other makes it happen'