



Hi Guys!

Welcome to Julys 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.

July has been a fantastic month so far, with huge progression in both business and play for me! In business through June I had been running a Detox with 6 people taking part in a combination of Bikram Yoga, Running and Resistance training. The results were better than expected with a combined weight loss of 16.7kg lost and a general progression in everyone's nutrition/ mood and fitness levels!

Christine said 'June was a interesting month for me as I previously had never restricted my sugar, alcohol and gluten intake before, also bikram yoga and outdoor running was something I had never taken part in. After a lot of bargaining with Tom, I decided to give the Detox a go. 30 days later I have lost 2.6kg, dropped a dress size and feel like a new person. The variation in exercise and introduction of something new into my training along with Tom's motivation has really helped turn my summer around! I am now participating in Bikram Yoga twice a week!

In play It is triathlon season, although missing out on the Sprint London Triathlon, I am now fully booked and ready to go for the Thames Turbo Triathlon on the 29th August! Then hopefully start progressing more into Strength and Conditioning training with my main goal as to complete in a Crossfit competition!

www.crossfit.com

Also I would like to announce the long awaited return of '**Fitness First Running Club**' every **Monday evening at 7pm** all the way to 25.09.11 with the main goal of 'Run to the Beat.'

Within this I would like to take runners of all levels to running a full half marathon whilst raising money for a specific charity chosen by everyone! With little over 2 months in training to go it is a perfect time to start training!

Workout of the month is;

Five rounds for time of:

Run 400 meters - 60kg Deadlift, 20 reps - 20 Push-ups

10kg Deadlift, 10 reps - 10 Push-ups

Special congratulations go out to Tim, Laura, Sarah, Stephan and Alice for their continued weight loss!

Committed to your success,

www.robinsonfitness.co.uk

07912530388

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



Tom Robinson

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