



Hi Guys!

Welcome to the first edition of the Robinson Fitness's monthly newsletter. Here is an insight into what's going on at Robinson Fitness, and to provide some handy hints and tips to ensure your success.

It is now my third month at Fitness First, Streatham. I have had a fantastic time so far, making many new friends and acquaintances along the way! To top it off it is almost summer now, and I am about to start training for my first triathlon in August!

I was very lucky to meet fitness model/strong woman competitor Ila Barlean and be taken through one of her exercise routines; it was an incredible learning experience for myself. We managed to get some great photos which will be put up on both my website www.robinsfitness.co.uk and Facebook page Robinson Fitness – Personal Training.

June is going to be a big month for Robinson Fitness with the introduction of 'Sledgehammer' workouts and 'Boot Camp Solution' running Mondays – 6-7pm and Saturdays – 11.30 – 12.30am from the 14th June onwards.

Both workouts intend to take fitness outdoors, and challenge you in a completely new environment, and bring an element of fun back into fitness!

My Workout of the Month is:

Three rounds for time of: 60 seconds L-sit ups 15kg barbell Good mornings, 30 reps 60 sit-ups Stability Ball Back Extensions, 30 reps

Any questions or feedback about the newsletter? Please email me at Tom@robinsfitness.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'