



Hi Guys!

Welcome to the March/ April edition of the Robinson Fitness newsletter. Here's an insight into what's going on at Robinson Fitness, and to provide you with some handy hints and tips to ensure results.

I am absolutely delighted with how March has started with the Running Clinic ending in the first week of March and a large percentage of the runners taking part in the Audi Wimbledon 10k which was a huge success! Massive congratulations to Paula Owens, Liz Williams, Bernadette Makepeace, Rob Owens, Mark Stringer, Stephanie Marie, Michelle Devereux and Sarah Davis.

We set out to raise £600.00 and with a combination of a couple runners we managed to raise just under £550, I would like to give a special thanks everyone for their kind donations and a massive good luck to Kids Company!

And to top of the success of the running clinic, I have launched my own 'Robinson Fitness T Shirt' contact Tom for further information!

With summer on its way, my own fitness is taking a big change with preparation for both Triathlons in May and Rugby League played in a summer season.

With the Rugby League season starting my Strength and Conditioning will start progressing with a lot more focus on Power and Muscular Endurance movements, to help stop me being pushed around the pitch. I will be representing South London Storm.

My preparations for triathlon training are already under way, with my intentions to race in:

Wednesday 4th May 2011 – Hampton Court (London) 400metre Swim/ 21km Bike/ 5km Run

Saturday 21st May 2011 – Dorney (Windsor) Super Sprint 400metre Swim/ 20km Bike/ 5km Run

Triathlon is a sport event consisting of swimming, cycling and running over various distances. Placed back-to-back in immediate sequence it provides an excellent challenge for any competitor. I am putting out the interest and very keen in helping any new or old triathletes this summer.

Personal Trainer March/ April Package

Two personal trainer packages are available this month with;

1)

10 x 1 Hour Personal Trainer Sessions

10 x 1 Power Plate Sessions

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'Some people want it to happen, some people wish it would happen, others make it happen'



Nutrition Package

Diabetes Questionnaire

Individual Training Programme

2)

Current client? Refer a friend and receive 5 x 30 minute sessions!

Contact Tom for further information

Workout of the month!

30 Goblet Squats

5 Pull ups

10 KB Thrusters

20 Goblet Squats

5 Pull ups

20 KB Thrusters

10 Goblet Squats

5 Pull ups

30 KB Thrusters

March/ April Newsletter is going to leave you with 2 inspirational quotes.

'The will to win is nothing, without the will to prepare!'

'Continuous effort, not strength or intelligence is the key to unlocking our potential' William Churchill

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Committed to your success,

Tom

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