



Hi Guys!

Welcome to the November edition of the Robinson Fitness 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.

October was a complete success for Robinson Fitness with four people hitting their weight targets! So congratulations to Paula, Liz, Alice and Glenn in achieving their target weight! Further congratulations goes out to Rafael Soletto Velasco who had his first semi professional fight at Crystals Nightclub, Selhurst Park winning the bout in an incredible 5 seconds with an almighty overhand right! Big things are to come from Rafael with his first professional fight on the 6th February. Exciting times for Rafael 'The Big Deal' Velasco.

*****LATEST NEWS*** FITNESS FIRST RUNNING CLUB*****

Robinson Fitness is pleased to announce the start of a running club at Fitness First, Streatham. Running once a week on Saturday at 10am, meeting in Fitness First reception! Aiming to provide a great opportunity for clients to kick start their fitness, improve energy levels and meet other like minded people!

RUNNING CLUB, EVERY SATURDAY 10AM!! DONT MISS OUT!

*******PERSONAL TRAINING OFFER*******

Its time to offer something a little bit different this month, speaking to people in the gym: not enough people have challenges/goals so my aim for the forthcoming months (November - January) is to provide people with not just one option but two!

1st Option - Tough Guy 30th January 2011! www.toughguy.co.uk

This is the original and toughest test of its kind anywhere in the world. Run on the last Sunday in January, you will need every last ounce of mental and physical strength you can muster to rise to this challenge. Your fear of heights, tight spaces, fire, water and electricity will be tested to the max. Everyone bar the very toughest will be beaten!

Training involved

Personal Training including Circuit Training, Outdoor Runs, Stretching, TRX Training etc..

Group Sessions Group running club/ Spin/ Body Pump

Packages available*

www.robinsfitness.co.uk

07912530388

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



* 30% of Tough Guy package will be donated to Multiple Sclerosis Foundation.

Together we are aiming to raise over £2,500 for Multiple Sclerosis, for further information contact Tom.

2nd Option – Running Club Group Training Offer!!! New Years Resolution?!?!

8 Week Programme designed to take you too and beyond half marathon distance in under 8 weeks! For just £79
You will receive:

- Personal running analysis
- 2 Group runs (Saturday 10am + Monday 7pm)
- 1 Group conditioning session (Thursday Studio 6pm)
- Healthy eating plan
- Goal Planner
- List of competitions which we aim to be peaking around!
- RESULTS!!!! Or your money back! Terms + conditions apply

Workout of the Month

Overhead squat 1-1-1-1-1 reps x 15

Front squat 1-1-1-1-1 reps x 15

Back squat 1-1-1-1-1 reps x 15

Try to increase the load for each of the fifteen sets

45 Squats in total!

Toms Tip

Poor posture effects that 6 pack goal! The fix: Stay tall through your hips and keep your head up and shoulder blades back and down all day long.

For further information including Meal Diaries, Food Planners and Information contact Tom

Committed to your success,

Tom Robinson

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