



Hi Guys!

Welcome to the October 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.

October so far has been busy with the build up now of several of my clients starting to train for Reading Half Marathon using it as preparation for the London Marathon 2011.

Fight season has kicked off now with some of my clients with Rafael 'The Big Deal' Velascos first professional fight on the 24th October which he has been using me as his punch bag, which has been fun..... He has made fantastic progress and is aiming for 1st Round Knockout in his first fight in Crystal Palace on the 24th October. Quick congratulations as well is in order for dropping 15kgs in preparation for the fight.

*****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 (October - January) is to provide people with not just one option but two!

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

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*

* 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 – Drop a Jean size

www.robinsongym.co.uk

07912530388

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



Drop a jean size! 3 weeks to looking your best! Fast effective training along with great nutrition advice and plans (fitness tests, individual training programmes, meal diaries and meal planners) which will get you results! Included in the package is free haircut and massage.

Workout of the Month!

Tabata Training is 20 seconds of work with 10 seconds of rest. Repeated 8 times.

Tabata Rowing Machine

1 Minute Rest

Tabata Squat

1 Minute Rest

Tabata Press Ups!!

1 Minute Rest

Tabata Pull Ups

1 Minute Rest

Tabata Lunges

*****Toms Tips*****

For quick results and to looking your best: change your nutrition!

What to Avoid

- Keep clear of all wheat products such as bread, cookies, bagels, donuts, pasta, pizza bases etc
- Avoid all dairy products such as milk, cheese and yoghurt
- Avoid processed foods
- Skip all forms of sugar!!

What to Eat

- All fruit, though for faster results you should limit yourself to citrus fruits, apples and pears.
- All vegetables, though heavy starches such as potatoes may be best avoided
- All meat, fish and poultry, though organic sources will yield much faster results
- 1 Litre of water for every 20kg you weigh!

For further information including Meal Diaries, Food Planners and Information contact Tom
Committed to your success,

Tom Robinson

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