



Hi Guys!

Here is a quick insight into what is going on within Robinson Fitness this August also providing handy hints and tips along the way.

September has been a complete success for Robinson Fitness! We have now teamed up with Fusion Fitness to provide '21 day drop a jean size' Bootcamps every Monday, Wednesday and Fridays on Wimbledon Common at 6:15am, training for 'Run to the Beat' is heating up massively with less than 10 days both Mary, Mark and Glenn are both thoroughly excited! Come down and show your support on September 26th and finally Eton Sprint Triathlon was a complete hit for both Ina and me, we both completed times faster than expected and I ran the fastest time out of all the competitors in 5k run! Ina has now started training for her next triathlon and has well and truly caught the Triathlon bug!

My own personal fitness has taken a big change from triathlon training to the 'Mass Challenge!' A question that I am asked a lot in the gym is how to put on muscle so in the Mass Challenge I provide a step by step online guide of how to put on muscle whilst providing handy tips at the same time around nutrition and exercise! Follow me online at www.robinsfitness.co.uk!

****NEW DEALS FOR SEPTEMBER****

September brings a new and exciting offer to its clients! Starting my own 'Drop a jean size in 21 days at Fitness First Streatham' with the help of new PT Jules Vialva we are providing an incredible 21 day programme to looking there best and getting quick results!

The Package

- Personal Training sessions
- Nutrition Package
- Fitness Classes including bootcamps, circuits and spin.
- Individualised Programme/ Fitness testing
- Free Beauty Treatment (Haircut and Massage)
- Free 21 day drop a jean size T Shirt!

Spaces are limited on this offer so get in contact to be looking and feeling your best in under 3 weeks! Starting 2nd October!

Toms Tip's

www.robinsfitness.co.uk

07912530388

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



Avoid 'sleep stoppers'. To ensure a good night's rest every night , try to cut down caffeine, alcohol and sugar consumption, and don't eat heavy meals before bedtime.

Any questions or feedback about the newsletter? Please email me at Tom@robinsonfitness.co.uk

Committed to your success,

Tom

Tom Robinson

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