



Hi Guys!

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

August and September have literally flown by recently; with the summer fading away I am trying to get in as many outside sessions as possible. I have been lucky with some fantastic early morning sessions on Tooting Bec, Clapham Common and runs to Westminster with clients. Then late night sessions all over London from Hyde Park to Richmond Park! Again I am delighted to include the continued improvement and weight loss of Tim, Louise, Edward, Frankie, Tonia, Bernadette, Stephanie and Sarah. Proving to be a great a summer after all!

This month I have clients Liz and Chris running in 'Run to the Beat' which I am sadly going to be give a miss due to my birthday on 25th September and friends Grace and Harry running in the 'Great North Run' which I wish them the best of luck for it!

My own training is taking on leaps and bounds, after a brief week's rest I have picked up my cardio training along with an increase in intensity in circuits for the [Wadenhoe Quagmire Challenge Series](#) on the 6/11/11 which will involve running, cycling, swimming and kayaking! I am extremely excited about this and would definitely appreciate anyone who wants to join in the challenge with me! Also returning to Yoga this month I will be starting at <http://www.hotpoweryoga.co.uk/> for a month of improving flexibility, strength and much needed coordination!

I really want to get my clients into some fitness challenges so here is a list of challenges in and around the area!

Fitness Challenges

October - 1st October 2011 [Run Richmond Park 10k](#), 16th October 2011 Guildford Riverside 10k and 5k run

November - [Wadenhoe Quagmire Challenge Series](#) on the 6/11/11 (Special Recommendation)

December - 4th December [Kingston 10K](#), 4th December [London Santa 5k or 10k](#), 31st December [Barcelona 10K - New Years Eve](#)

I have attached a new article 'Run less, lift more' please read it and tell me what you think!

Committed to your success,

Tom Robinson

P.S Robinson Fitness is better for than any Fitness video, and he's interactive!

m 07912 250 388

e tom@robinsonfitness.co.uk

www.robinsonfitness.co.uk

www.robinsonfitness.co.uk

07912530388

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