



Hi Guys!

Welcome to a special edition of the Robinson Fitness newsletter. Here's an insight into what's been going on at Robinson Fitness, and to provide you with some handy hints and tips to ensure your success.

With the special edition Robinson Fitness Newsletter comes an extraordinarily diverse month of fitness! June is all about the DETOX! This month we look at eliminating toxins from the body, increase vitamins and nutrients, weight loss, toning and providing a healthy shock to your training!

The Detox involves;

- 30 days of exercise ( 10 days Bikram Yoga/ 10 days Cardio/ 10 days Circuit/ Kettlebell Training)
- No alcohol/ No sugar/ No dairy/ Increase in water intake/ fresh organic foods and absolutely no processed foods!

The detox is an exercise and nutrition detox, every ten days providing variation. Our bodies are very good at adapting to exercise routines so variation will take you out of any fitness plateau you are in, be it weight loss, toning or just getting healthy.

We aim to work the body enough and continually changing the fitness variables to ensure your body recruits enough muscle fibres to ensure positive adaptations to your training!

June 6 <sup>th</sup> – 16 <sup>th</sup> 1- 10 Days	Bikram Yoga – Balham  What does it involve? During the class, your body flushes out toxins through sweat whilst at the same time helps to tone, strengthen muscles, improve posture and develop coordination. <b><a href="http://www.hotbikramyoga.co.uk/balham.html">http://www.hotbikramyoga.co.uk/balham.html</a></b>
June 17 <sup>th</sup> – 27 <sup>th</sup> 11 – 20 Days	Cardiovascular Training – Tooting Bec/ Balham/ Streatham/ Clapham Common/ Barnes  What does it involve? A mixture of running, spinning, cycling and swimming. Varying in intensity and duration. Inside and outside
June 28 <sup>th</sup> – July 6 <sup>th</sup> 21 – 30 Days	Circuit Training – Tooting Bec/ Balham/ Streatham/ Clapham Common/ Barnes  What does it involve? Full body workout involving weights, kettlebells, TRX Suspension training, bodyweight moving and stretching.

[www.robinsfitness.co.uk](http://www.robinsfitness.co.uk)

07912530388

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



So how does this work?

Days 1 – 10 will be Bikram Yoga with unlimited sessions, Days 11 – 20 will be Cardio training 1 – 2 – 1 session if requested or group orientated and Days 21 – 30 again will be either 1 – 2 – 1 or group orientated. Days 11 – 30 will be looking at doing 6 + sessions! Important book sessions in with Tom!

You will receive your own personal Detox Bible containing your own training programme/ meal diary/ foods to eat or bypass/ weekly or fortnightly meetings (weigh ins and health tests) and your own diabetes health check! For further information for the BARGAIN of the summer contact Tom on 07912530388 or Tom@robinsonfitness.co.uk



**Special trial offer of just £20 for your first month (12 sessions)**

**\*Every Tuesday and Thursday 7.15pm - 8pm**

**\*Every Saturday 11am - 11.45am**

**Clapham Common South Side (Opposite Clapham South tube)**

**For more info and to book visit....**

**[www.boxitbootcamp.com](http://www.boxitbootcamp.com)**

**Join the Boxit community: [Facebook.com/boxitbootcamp](https://www.facebook.com/boxitbootcamp)**

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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