



feel great every day

“What’s the best exercise for fat loss?”

Probably the most frequently asked question! The truth is, there is no single exercise and you’d need to factor diet and lifestyle choices, sleep and stress into your fat loss mission. Let’s assume your sleep is in check and you’re relatively chilled, what would optimal training include for fat loss? To a degree fat loss involves a simple mathematical equation of calories in versus calories out but as for exercise we use full body workouts based on 3 movements; a push, a pull and a squat to form a solid full body workout. There are plenty of variations to all 3, which is great to keep it varied, simple and results based. Periodisation is also key but exercises that demand work from multiple muscle groups at one time mean more energy is required which results in more calories burnt, the winning combo!



2015/16 SESSION DATES AND TIMES

DATES :

26th October – 5th December 2015

4th January – 13th February 2016

22nd February – 2nd April 2016

11th April – 21st May 2016

TIMES :

Mon 0600, 0930, 1815 and 1915

Weds 0600, 0930, 1815, and 1915

Thurs 0600, 0930, 1815 and 1915

Fri 1100 Babies and Burpees

Sat 0830

AND FINALLY.....

Striving to be our very best comes in all areas of life but the journey there always comes from hard work, passion and drive. A brilliant quote from a champion.....

‘I’m never going to say I can’t do it. I’m never going to say maybe. I’m never going to say I don’t think I can. I can. And I will.’

Nadiya Hussain, after being crowned this year’s winner of The Great British Bake Off 2015.