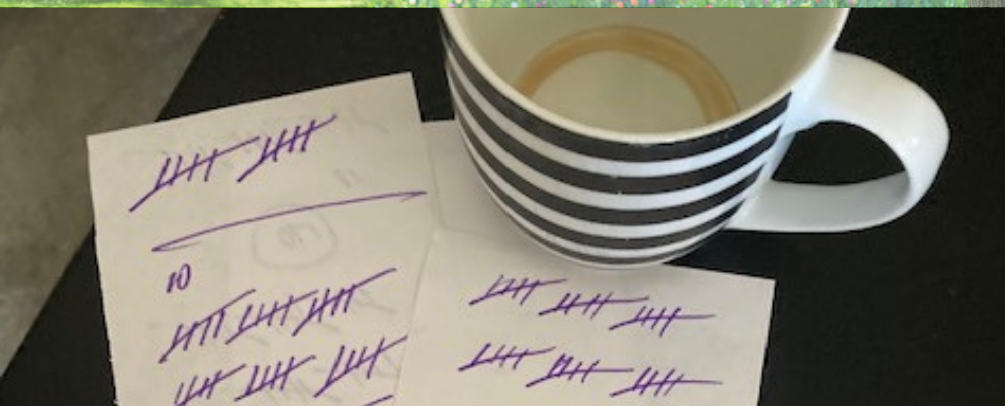


Salubrious Spring



Tim's exercise Cheat Sheet

10,000 swings in 30 days

Want to take a break from cardio for the next 4 weeks? Perhaps improve your stamina, core, strength and posture?

I'm not usually one to look at "trending workouts" but this one really caught my eye.

333 kettlebell swings per day, for 30 days....thats it.

I ran it by my (Auckland Based) training partner, and he was all for it...my mistake, as he's a bit of a maniac. (I think he inhaled too many chemicals in the military?)

So off we went

After 5 days, I wanted to brag about getting ahead of him, so I increased my reps to 500 per day.

Long story short, we both finished in 19 days...thats a squeak under 530 reps per day.

Admittedly I bent the rules a bit, as I found the 24kg KB a bit much, so I opted for the 20kg. Similarly, I wouldn't expect any novices to go past 16kg KB.

The net result, a break from cardio, a 3kg loss on the scales, and my back has never felt better (I had a serious back injury from surfing when I was younger).

Thats it - sometimes the simplest of workouts are the most brutal.

If you'd like a bit of guidance with using kettlebells, feel free to ask any of the trainers.

STAFF NEWS

We said goodbye to Scarlett and Freya in the pool and reception teams, and to Sheldon in the kitchen, he has moved to Auckland to be closer to family.

They have all started new careers - we wish them well

We welcome Vikram to the kitchen & catering team and Caitlyn to our swim school team

Head to our website to learn more about our awesome staff! - www.fastlane.kiwi

November

A rarely talked about issue around the world is mens health. Our fathers, sons, brothers, partners and friends are all facing this health crisis. Fastlane Fitness would like to support Movember 2022 by donating a percentage from each gym or combo paid in full membership purchased throughout the month of November.

Your support will help men live happier, healthier and longer lives - get amongst it and help support your loved ones!!



**FASTLANE
FITNESS**

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Heres to good health!

Swimming

North Island Swim Challenge

As a Fastlane community, we managed to swim the length of the north Island successfully. A total of 1047km. Congratulations to our spot prize winners...Grant S, Robyn G, Jackson F and Paige C.

Keep an eye out for more fun challenges coming in 2023!

Friends Of Fastlane

Fastlane are on the lookout for some partnering business. We'll advertise for you on our website, around our facility, in our joining packs as well on our social media pages. You will also receive a discounted membership for partnering with us!

If this sounds like you, get in touch by emailing admin@fastlane.kiwi.

Review Tablet

We have a review tablet up in the gym, make sure to leave a review on our tablet as we love your feedback!! With each review you send through, you go in the draw to win a free hot beverage!

REFERRAL PROGRAM

We value our loyal members and want to show our appreciation - so for every friend you sign up - to any fastlane membership or concession we will give you a \$10 fastlane credit. Make sure to check your email inboxes soon!

FEEDZONE

Did you know that coffee has a natural caffeine energy boost?

Here are some benefits of drinking a cup of coffee 30 - 60 minutes before a workout.

- 1.Improves your focus.
- 2.Boosts your strength and energy levels.
- 3.Reduces anaerobic exhaustion.
- 4.Increases aerobic power.
- 5.Decreases muscle pain.

Next time you feel the need to take pre workout before hitting the gym, swap it out for a cup of coffee from Feedzone and feel the difference! Your body will thank you for it

Christmas Catering!

Feedzone have Christmas catering available for all your work functions and family events. To enquire, please email feedzone@fastlane.kiwi.

CORPORATE MEMBERSHIP DEAL

Work out with your workmates!

Get 5 or more of your workmates to join Fastlane & enjoy cheaper rates and other great benefits!

Email sales@fastlane.kiwi for more information



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