

Hi Guys,

We hope you are keeping well, and are looking forward to the summer.

The brighter mornings and stretch in the evenings often lead to a more active lifestyle, so hopefully you're getting out and making the most of the season, while it lasts.

We've some interesting topics to get through this month...



SPORTS MASSAGE

We are delighted to announce that we are now offering Sports/ Deep Tissue Massage on site.

Why get a Sports / Deep Tissue Massage?

- Help restore a balanced upright posture .
- Decrease symptoms of muscle pain .
- Break down scar tissue/ muscle adhesions.
- Improve your range of motion.
- A massage technique that targets the deeper layers of muscle tissue, that often can't be reached by stretching and foam rolling.
- Help relax muscles.
- Remove waste product
- Increase oxygen and blood flow to your muscles.
- This helps your body remove toxins (such as metabolic waste) from sore, overworked, tired muscles.
- Aid faster recovery by circulating oxygen rich blood into the muscles.
- Relieve chronic muscle tension throughout the body.
- Break down scar tissue and "knots or trigger points" deep in the muscle belly.

Call Patricjva on
0857839385 to arrange an appointment, and avail of a
**Special introductory
Dublinfitclub rate of €39!**

Help us to help you!

We always strive to give you guys the best possible service & environment to train in, so over the next couple of weeks we're looking for some feedback!

Good, bad or indifferent!

It's completely anonymous (so be as critical as you wish)

Forms available in the gym.

Class Changes

Starting next month – (on Tuesday July 5th) - we are changing both 6.30am classes from TRX/Kettlebell Combo, to HIIT Bodyblast Sessions. Get in touch with us if you have any questions about these sessions.



Book Now to receive the discounted price...



Early Morning Training

We have included a couple of different sample workouts for you to try at home, if you are unable to make it in for a class

There's numerous benefits of early morning training – too many to mention in a short newsletter, so we are going to focus on our favourite.

Time Efficient & Stress Free

If you struggle to get out of work and find yourself missing sessions, why not get your session in before work? - You'll be done and dusted before you know it and no stressing throughout the day about "Will I make training tonight?" Or fighting your way across Town in the evening Rush Hour traffic...

Increased Metabolism for the Day

Did you know that short bouts of training at a High Intensity can boost your metabolism for up to 24 hours post session?

Imagine training this way first thing! Whilst you are sitting at your desk or at home for the remainder of the day, your body will be burning fat & calories at an accelerated rate.

This can lead to increased performance, improved health and Body Composition levels.

Improved Productivity for the Day

It's far easier to get up on a sunny summer morning, but some of our regulars swear by AM training, whatever the weather!

"It gives me a buzz first thing in the morning and sets me up to attack the day ahead."

Basically, people say that when they leave, they feel energised and better equipped to tackle work.

Knock on Effects

You will be able to come home from a busy day (either at work, or running after the kids) and be able to put your feet up and relax. No need to worry about cramming in a training session.

You will head to bed earlier in the evening, which should lead to a better nights sleep.

- Improved sleep is a leading contributor to increased performance, decreased stress, improved health and body composition.

If joining us for an early class is not a runner, or a little bit daunting at first, why not try these two sample workouts to kick start your day.

Workout # 1

Squat Jumps

20 secs work + 10 secs rest × 8 times (4 mins)

Push Ups

20 secs work + 10 secs rest × 8 times (4 mins)

Jump Jacks or Mountain Climbers

20 secs work + 10 secs rest × 8 times (4 mins)

Workout # 2

4 × 40 meter sprint

4 × 60 meter sprint

2 × 80 meter sprint

2 × 100 meter sprint

Each sprint requires 100% effort, so take as long as you need to recover between sprints.

NB - Always make sure to warm up effectively first, and if you feel any pain/dizziness or discomfort stop exercising and consult a medical professional immediately.

As always, if you have any questions regarding training/nutrition or lifestyle factors, please get in touch...

Cheers and see you soon,

Brian & PJ

DUBLIN
Fit Club