



**FAST FIT**

# **FITNESS MAGAZINE**

Your Monthly Dose of Fitness Innovation, Community & Growth  
Transforming Lives, One EMS Session at a Time

## **EMS TRAINING INSIGHTS**

TRAIN SMARTER - RECOVER SHARPER

*Revolutionary*  
**FAST FIT APP**

**NEW**  
**COLD PLUNGE  
EXPERIENCE**

WHY FITNESS



**LONGEVITY**

**C**OMMUNITY  
HIGHLIGHTS



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Join the movement. Be part of the journey.



THE  
SECRET  
OF  
LONGEVITY

The Secret of Longevity



Fast Fit x Calo



Exclusive Recovery Innovations



# MESSAGE FROM THE CEO



At Fast Fit, our mission goes beyond fitness — we are committed to empowering each member to achieve their best self, no matter how busy life gets. EMS training continues to redefine the fitness landscape by delivering powerful, time-efficient workouts in just 20 minutes. This August, we celebrate the incredible progress of our members and the dedication of our trainers who make every session count. Together, we are not just working out; we are building a community focused on real, lasting results. Let's keep moving forward, stronger and healthier than ever.

**Mansour Alshehry, CEO**



# MEMBER SPOTLIGHT



## Meet Dr. Linda Alwabel

A dedicated ultrasound specialist, Dr. Linda joined Fast Fit EMS in November 2021 looking for an efficient, science-backed approach to regain control of her health and fitness.

“When I first joined, I was 120 kg. Today, I’m proud to say I’m at 80 kg. The trainers kept me motivated every step of the way — the atmosphere here is like no other.”

Since starting her journey, Dr. Linda has lost 40 kilograms, improved her strength, and feels more energized in both her personal and professional life.

Her secret? Consistency, and fully trusting the Fast Fit system.

We’re incredibly proud to have Dr. Linda as part of our Fast Fit community — she’s a true example of what’s possible when determination meets the right support.



# TRAINER SPOTLIGHT



## Meet Alexandru Rosca

A certified professional through Fast Fit Academy, Alexandru Rosca is recognized for his unwavering dedication, precision, and ability to bring out the best in every member. With a sharp focus on form, performance, and motivation, Alexandru creates a training environment that is both energizing and empowering.

**“Embrace the challenge, it’s where growth happens.”**

What sets Alexandru apart is his genuine commitment to member progress — celebrating not just physical transformation but the boost in confidence and mindset that comes with it. His sessions are designed to inspire, challenge, and support every step of the way.

Whether you’re just beginning or advancing in your EMS journey, Alexandru is here to make every session count.



# WHAT WE ACHIEVED LAST MONTH

This past month has been a milestone for Fast Fit as we continue to innovate and expand our offerings to serve our community better



## Strategic Partnership with Calo:

We proudly launched a new collaboration with Calo, enhancing our wellness ecosystem and bringing even more value to our members.



## Revolutionary Fast Fit App:

We unveiled our newly upgraded Fast Fit app —proudly the only EMS fitness app available across the GCC — designed to deliver seamless workout tracking, personalized programs, and exclusive content right at your fingertips.



## Franchise Program Launch:

With great excitement, we officially launched our Franchise Program, opening doors for national and international entrepreneurs to join the Fast Fit movement and revolutionize fitness worldwide.



## Leadership Spotlight:

Our visionary COO and Co-Founder, Serban Pop, was featured in a leading industry publication, sharing his inspiring journey from personal trainer to global EMS innovator — a testament to Fast Fit's relentless drive and ambition.



## Exclusive Recovery Innovations:

Fast Fit now offers red light therapy exclusively across all clubs, boosting muscle recovery, reducing inflammation, and elevating performance for every member.



## Cold Plunge Experience:

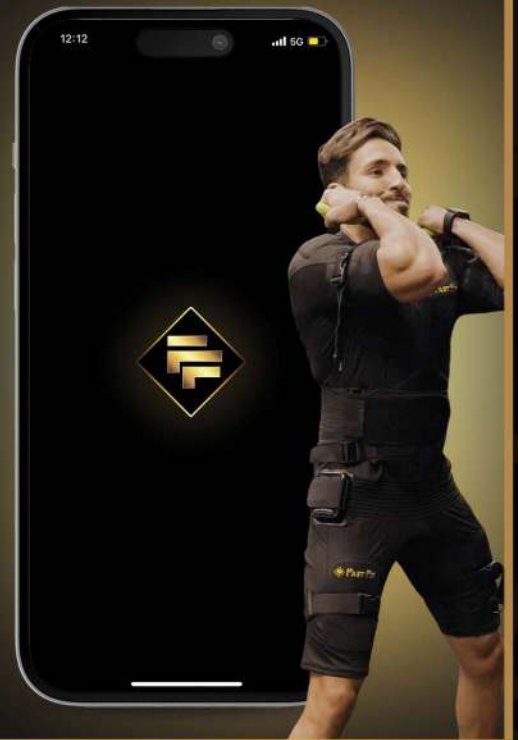
For one week, each branch welcomed members to experience the rejuvenating benefits of cold plunge tubs, complementing our holistic approach to recovery and wellness.



# WHAT WE PLAN NEXT MONTH

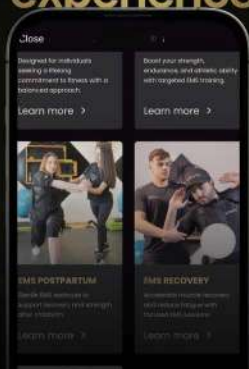
Looking ahead, Fast Fit is focused on elevating member experience and deepening community engagement with exciting initiatives

## Download the New Fast Fit App on



We're rolling out the Fast Fit app on the Google Play Store, bringing seamless access to workouts, progress tracking, and personalized training plans to even more members across the region.

## Enhanced user experience



Continuous improvements are underway to make the app more intuitive and user-friendly, ensuring members enjoy smoother navigation, faster load times, and more personalized features tailored to their fitness journeys.



We're ramping up our activity on WhatsApp groups by introducing engaging polls and fostering direct, meaningful conversations—helping us listen better, respond faster, and build a tighter-knit Fast Fit community.

*Together, these efforts reaffirm our commitment to innovation, accessibility, and member-first service—empowering everyone to train smarter, recover better, and stay motivated.*



# EMS TRAINING INSIGHTS

- Train Smarter
- Recover Sharper

Want to get more out of your EMS sessions? Pair them with just two minutes of red light therapy — before and after your workout.

## Why before?

It's like a deep, cellular warm-up. Red light stimulates ATP (your cells' energy currency), boosts blood flow, and preps your muscles for stronger, cleaner contractions. Translation? You perform better — and recover faster.

## Why after?

This is where the magic happens. Red light reduces inflammation, flushes out lactic acid, eases soreness, and accelerates tissue repair. Bonus: It even promotes collagen for firmer, healthier skin.

## Hydrate, stay consistent, and follow your personalized program.

EMS is more than time-efficient — it's science-backed fitness that rewards precision. So train with intention. Recover with purpose.

**Because smart recovery isn't optional — it's the secret to lasting results.**



# HEALTH INSIGHT Why Fitness = Longevity



Investing in movement is investing in your future. Regular exercise, especially efficient systems like EMS, plays a crucial role in promoting a long, high-quality life. Here's how:

- **Preserves Muscle Mass:** Muscle naturally declines with age — EMS helps retain strength and function without stressing your joints.
- **Boosts Metabolism:** A stronger body burns more calories at rest, keeping your metabolism youthful.
- **Supports Joint & Bone Health:** EMS promotes blood circulation, flexibility, and balance — key for preventing injuries and staying agile.
- **Improves Cardiovascular Health:** Even in short bursts, EMS elevates your heart rate for lasting heart benefits.
- **Enhances Cognitive Function:** Consistent physical activity is linked to sharper thinking, better mood, and reduced risk of cognitive decline.

Longevity isn't about adding years to life — it's about adding life to your years. At FastFit, we make that pursuit simple, efficient, and sustainable.

# Fast Fit x Calo

## Your Workout Just Met Its Meal Prep Match

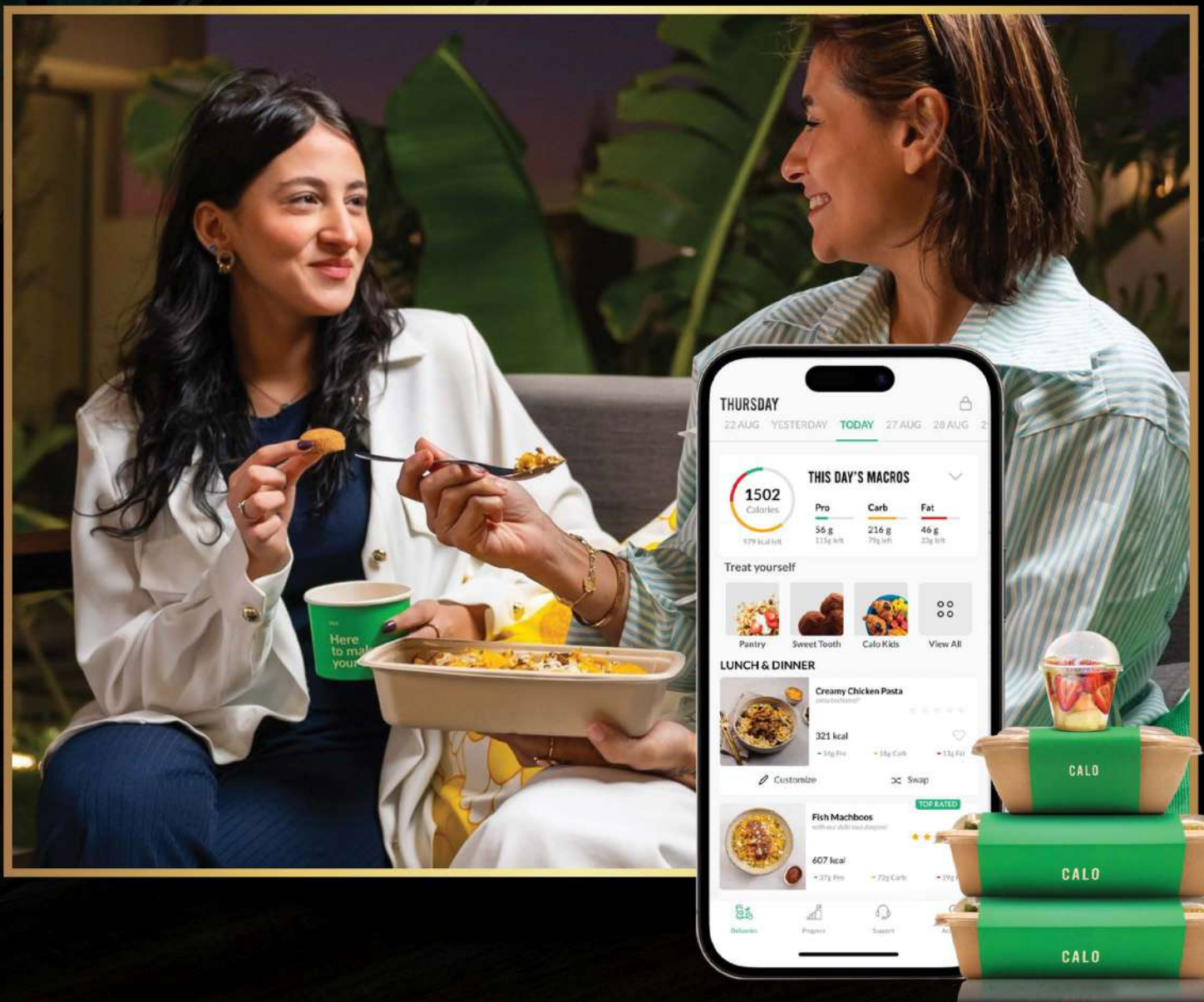
Fast Fit has partnered with Calo, the region's leading healthy meal subscription service, to bring even more value to your wellness journey.

Fast Fit members now enjoy 15% off all weekly and monthly Calo meal plans with the exclusive code FASTFIT15 — because staying fit should be just as easy outside the studio as it is inside.

Whether you're working toward specific goals or simply maintaining a balanced lifestyle, Calo's ready-to-eat meals are designed to support your progress with convenience, nutrition, and great taste.

Offer valid until October 6, 2025.

Your lifestyle just got a whole lot easier — and healthier.



# COMMUNITY HIGHLIGHTS & PHOTOS

From dynamic EMS challenges and inspiring member testimonials to recovery rituals like the cold plunge — last month was filled with moments of strength, transformation, and connection. These highlights reflect the commitment, energy, and unmatched spirit of our Fast Fit community.



# **STAY CONNECTED & GET INVOLVED**

Connect with us on



*Instagram*



*Linked In*



*Whatsapp*  
*Community Group*

*Don't miss upcoming events, webinars, and new content series. Stay tuned and be part of our thriving Fast Fit family!*



# ***Fast Fit EMS***

## ***Real Results. 20 Minutes.***

*Contact us: [info@fastfit-ems.com](mailto:info@fastfit-ems.com) | [www.fastfit-ems.com](http://www.fastfit-ems.com)  
Follow, share, and join the movement today!*