

FAST FIT

FITNESS

MAGAZINE



20

**MINUTES
EVERY DAY**

*Client Spotlight
Interview*

*Personal
Trainer
Spotlight*

Fitness Tips

Revamp Your Fitness Regimen with These Five Tips for Better Form, Injury Prevention, and Motivation

*Monthly
Food Diet
Plans*

**WORKOUT
OF THE MONTH**

Fast Fit's Workout of the Month is here! Our Full Body Dumbbell Routine is perfect for Basic customers looking to stay fit and active without leaving home. With just a pair of dumbbells and a mat, you can enjoy a challenging workout from the comfort of your living room. Get started today!

**2 New Branches
at Jeddah**



www.fastfit-ems.com

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Insights from the top

"I am proud to be a part of a community that values health and wellness. At Fast Fit, we believe in promoting a healthy world by providing accurate information about nutrition and fitness. We also prioritize skilled professionals who have the knowledge and experience to provide quality services to our customers. We are committed to delivering reliable and valuable content that supports our customers' fitness goals and enhances their overall well-being. Thank you for being a part of our community and for your dedication to living a healthy lifestyle."


SERBAN POP
COO

FITNESS AND HEALTH IMPORTANCE

Why Prioritizing Fitness and Healthy Eating Matters for Our Future

As the world becomes more and more fast-paced, it's important to take care of our health and fitness to keep up with the demands of modern life. Not only does it help us physically, but it also has a profound impact on our mental health and overall wellbeing. In this article, we will discuss why it's important to prioritize fitness and healthy eating, and how we can set an example for our children and future generations.

Let's start with the numbers: according to recent studies, Saudi Arabia has one of the highest obesity rates in the world, with an estimated 35% of adults being classified as obese. This is a concerning statistic, as obesity has been linked to a range of health problems, including heart disease, diabetes, and certain types of cancer.

In addition, only a small percentage of the population in Saudi Arabia regularly practices sports or engages in physical activity. This is why it's crucial for organizations like Fast Fit to provide opportunities for people to prioritize their health and fitness. By doing so, we can help create a healthier and more active community, which can have a ripple effect on society as a whole.

So, why is fitness so important? For starters, it helps improve our physical health. Regular exercise can help reduce the risk of chronic illnesses such as heart disease, stroke, and diabetes, as well as improve bone density, muscle strength, and overall flexibility. It can also help us maintain a healthy weight, which can have a positive impact on our mental health and self-esteem.

But that's not all - exercise has also been shown to have numerous benefits for our mental health. It can help reduce symptoms of anxiety and depression, improve mood and cognitive function, and even help us sleep better at night.

Of course, exercise alone isn't enough - it's also crucial to prioritize healthy eating habits. Eating a diet that's rich in fruits, vegetables, lean proteins, and healthy fats can help reduce the risk of chronic diseases and keep our bodies functioning at their best.

But beyond just our personal health, it's important to consider the impact that our choices have on future generations. As parents and role models, we have the power to set an example for our children and help them develop healthy habits that will last a lifetime. By prioritizing fitness and healthy eating, we can help create a culture of health and wellness that extends far beyond our own families and into our communities.

In conclusion, prioritizing our health and fitness is more important than ever in today's fast-paced world. By engaging in regular exercise and healthy eating habits, we can improve our physical and mental health, set an example for our children, and help create a healthier and more active society. With organizations like Fast Fit leading the way, we can work together to build a better, healthier future for ourselves and our communities.



FAST FIT EXPANDS

Fast Fit Expands to Jeddah with Two New Locations, Providing Top-Notch EMS Training and Sustainable Fitness Experience

Fast Fit is thrilled to announce the opening of two new locations in Jeddah, set to open by the end of April 2023. This expansion is a testament to Fast Fit's commitment to providing its customers with the best possible fitness experience.

The 2 new locations will be an addition to the other 7 branches located in Riyadh, making it easier than ever for customers to access Fast Fit's signature EMS training. With state-of-the-art facilities and experienced trainers, Fast Fit is dedicated to helping its customers reach their fitness goals.

In addition to providing top-notch fitness training, Fast Fit is also dedicated to being environmentally conscious. The company is committed to using sustainable materials and practices in all of its products and branches, in order to reduce its carbon footprint and promote a healthier planet.



"We are thrilled to be expanding our presence in Jeddah and providing our customers with the opportunity to train in two different cities," said Serban Pop, the COO of Fast Fit. **"We are committed to providing the highest quality fitness experience while also being mindful of our impact on the environment. We look forward to welcoming our customers to our new locations."**

FAST FIT'S EMS GRAND OPENING

Experience the Fitness Revolution at Fast Fit EMS' Grand Opening of Two New Locations at Jeddah!

We will be hosting a grand opening event for the two new locations in Jeddah, set to open by the end of April 2023. The event will offer customers the chance to experience Fast Fit's signature EMS training in a welcoming and inviting environment, with quality healthy food and an amazing ambiance.

The grand opening event will offer customers the opportunity to try out Fast Fit's EMS training, as well as sample a selection of healthy snacks and beverages. The event will also feature special promotions and discounts for

customers who sign up for Fast Fit's training programs during the event.

Fast Fit is dedicated to providing a unique fitness experience that focuses on both physical and mental wellness. With state-of-the-art facilities, experienced trainers, and a commitment to sustainability, Fast Fit is the perfect choice for customers who are looking for a holistic approach to fitness.



**2 New
Branches
at Jeddah**

TRAINER BUCUR CRISTIAN'S CLIENT SPOTLIGHT

Indulge in the riveting interview about Fast Fit

01

HOW DID YOU HEARD ABOUT FAST FIT?

I found out about the center through a friend's recommendation.

02

WHAT WAS THE REASON YOU DECIDED TO JOIN?

I was impressed with the progress of my friend and I was tired from my lack of commitment to the regular GYM. It is much easier to commit to 20 minutes of training once a week.

03

HOW HAPPY ARE YOU WITH YOUR IMPROVEMENTS?

Extremely happy, I was transformed from being unable to do daily essential to being able to be happy about my mobility and stamina.

04

HOW HAPPY ARE YOU WITH YOUR PERSONAL TRAINER AND WHO IS HE?

Extremely happy, I have great trust and respect for my trainer Christian Bucur

05

WHY WOULD YOU RECOMMEND FAST FIT?

It works and it is easy to commit to

06

DO YOU TRUST OUR PROCESS AND OUR TRAINERS?

Yes

07

WHAT ARE YOUR RESULTS

I lost around 24 kg with an overall improvement in my health and energy levels.

08

SINCE HOW LONG HAVE YOU BEEN TRAINING WITH FAST FIT?

I am not sure but probably 40-50 sessions.

BEFORE



AFTER



WORKOUT OF THE MONTH

Get Fit at Home with Fast Fit's Full Body Dumbbell Workout

Welcome to Fast Fit's Workout of the Month! This home workout is designed for our Basic customers who want to stay active and fit without needing to go to any traditional fitness places. All you need is a pair of dumbbells and a mat, and you're ready to go!

Exercise: Full Body Dumbbell Workout

Equipment Needed: Pair of Dumbbells, Mat

Number of Sets: 3

Repetitions per Set: 10-15

Rest Between Sets: 60 seconds



Goblet Squat

Hold the dumbbell at chest height with both hands, and stand with your feet shoulder-width apart. Lower your body into a squat, keeping your weight in your heels and your chest up. Return to the starting position and repeat for 10-15 reps.



Bent Over Row

Hold the dumbbells in both hands, and hinge forward at the hips with your knees slightly bent. Bring the dumbbells up towards your chest, squeezing your shoulder blades together. Lower the dumbbells back down and repeat for 10-15 reps.



Dumbbell Push Press

Hold the dumbbells at shoulder height with your palms facing in. Dip down slightly and then explosively press the dumbbells overhead, using your legs to help drive the weight up. Lower the dumbbells back down and repeat for 10-15 reps.



Renegade Row

Start in a high plank position with your hands on the dumbbells. Row one dumbbell up towards your chest, keeping your core engaged and your hips stable. Lower the dumbbell back down and repeat on the other side. Continue alternating sides for 10-15 reps.



Lateral Lunge

Hold the dumbbell in your left hand, and step your right foot out to the side, bending your right knee and keeping your left leg straight. Push back up to the starting position and repeat on the other side. Continue alternating sides for 10-15 reps.

Finish off with a 60-second rest between sets. Repeat the entire circuit for a total of three sets.

Remember to always warm up before beginning any exercise routine. We hope you enjoy this month's workout and continue to make fitness a part of your daily routine!

Home Workout Plans

Healthy Recipes

Chicken and Snap Peas Stir Fry

1400 Kcal

Special Dinner



Chicken breast 100 g



Olive/Avocado organic oil 1 Tbsp



Sliced green onions 1 Ounce



Sliced red bell pepper 1 Ounce



Snap peas 100 g



Sesame seeds 1 Tbsp



Sriracha 1 Tsp



Cider vinegar 1 Tbsp



Taste spices Salt/Pepper/Rosemary/Basil/Oregano/Thyme/Turmeric/Parsley/Garlic



ACV ACV: 2 Tbsp/1 cup water



Ashwaganda tea 1 Tsp/1 cup before bedtime



FITNESS TIPS

Here are five fitness tips for improving form, staying injury-free, and staying motivated

01 Tips to Improve Your Form:

Focus on Proper Posture:

Maintaining proper posture during exercises can help prevent injury and improve form. Keep your shoulders back and down, engage your core, and keep your head in a neutral position.

Start Slow:

It's important to start slow and master proper form before increasing the intensity or weight. This will help you build a strong foundation and avoid injury.

Practice Mindful Movement:

Pay attention to your body and the muscles you're working. Mindful movement helps you stay present and engaged during your workout, leading to better form and improved results.

Use a Mirror:

A mirror can be a helpful tool for checking your form and making sure you're performing exercises correctly.

Seek Professional Guidance:

Consider working with a personal trainer or fitness coach to ensure proper form and technique, especially when starting a new workout routine.

02 Tips to Stay Injury-Free

Warm Up Properly:

Warming up before exercise can help prevent injury and improve performance. Spend 5-10 minutes doing light cardio, dynamic stretches, and foam rolling.

Listen to Your Body:

Pay attention to any aches or pains and adjust your workout accordingly. Ignoring pain can lead to further injury.

Wear Proper Footwear:

Make sure to wear appropriate shoes for your workout to prevent foot and ankle injuries.

Use Proper Equipment:

Ensure that any equipment you use is in good condition and adjusted to your body.

Rest and Recover:

Allow your body to rest and recover between workouts to prevent overuse injuries. Incorporate rest days and active recovery into your workout routine.

03 Tips to Stay Motivated:

Set Realistic Goals:

Setting realistic goals can help you stay motivated and focused on your progress.

Track Your Progress:

Keeping track of your progress can help you see improvements and stay motivated. Consider using a fitness app or journal to track your workouts and progress.

Find a Workout Buddy:

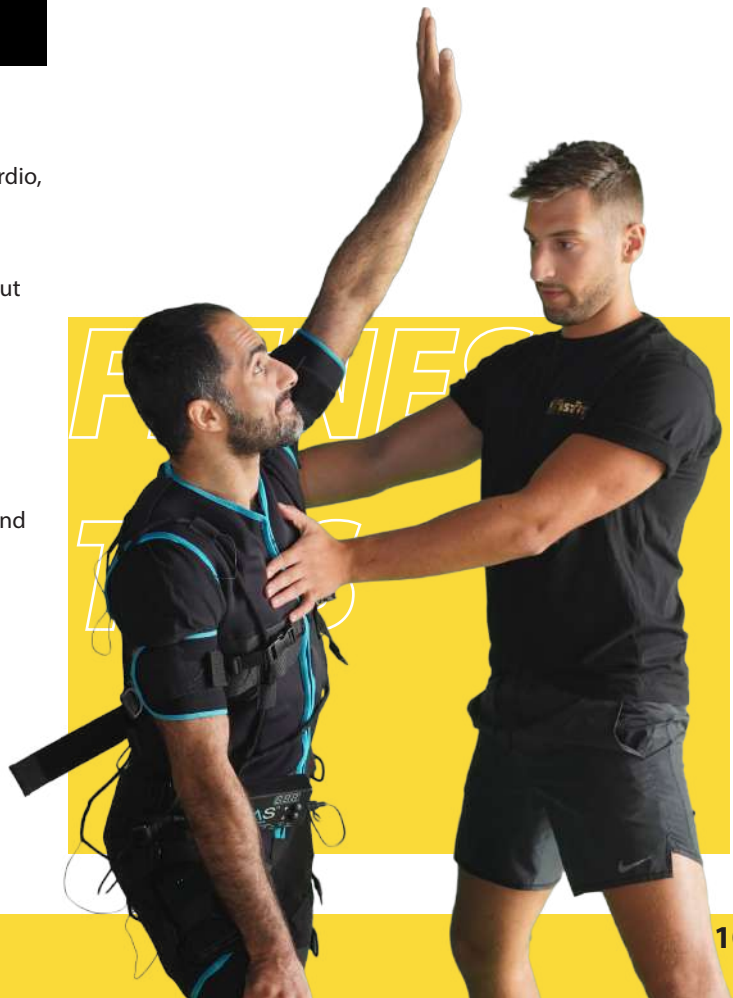
Working out with a friend or partner can provide accountability and motivation.

Mix It Up:

Variety in your workout routine can help prevent boredom and keep you motivated. Try new exercises, classes, or workout locations.

Reward Yourself:

Celebrate your progress and hard work with a small reward, like a new workout outfit or a healthy meal at your favorite restaurant.



PERSONAL TRAINER'S SPOT LIGHT

Get to Know Fast Fit's Talented Personal Trainer: A Football Pro Turned Fitness Coach Shares His Journey and Passion for Inspiring Change

HOW LONG HAVE YOU BEEN INVOLVED IN SPORTS AND WHAT TYPE OF SPORTS DO YOU PARTICIPATE IN?

I began my sports journey at the age of 12 with athletics, which sparked my passion for performance sports. After two years, I transitioned to team sports and joined my first football club. I played football for a decade and achieved a professional level of play.

WHY DID YOU CHOSE TO COME TO SAUDI ARABIA?

Looking for a beneficial environment for personal and professional development, the opportunity to come to Saudi Arabia came at the right time.

HOW DO YOU FIND SAUDI ARABIA?

Saudi Arabia stands out as one of the safest countries I have ever visited. I'm impressed with the exceptionally friendly people I know.

WHAT DO YOU THINK ABOUT WORKING IN FAST FIT?

The Fast Fit company has elevated the standards of fitness services, and I am thrilled to be a part of this team. Their commitment to excellence has been inspiring and has motivated me to give my best.

HOW MANY CUSTOMERS HAVE YOU HELPED IN ACHIEVING THEIR GOALS?

Although I have collaborated with numerous individuals over the past three years, I can confidently say that a significant number of my first clients continue to be members of Fast Fit which proves that they found our club and my coaching to be effective tools in transforming their lifestyle.

DO YOU THINK PERSONAL TRAINER JOB IS AN IMPORTANT JOB IN THE SOCIETY? IF YES, WHY? IF NO, WHY?

Based on professional and personal experience, having a mentor will bring you the desired results in a shorter time, with less effort, but more efficiently. Therefore, I consider that the role of a personal trainer in society is to inspire, prevent injuries and optimize results.

WHAT TYPE OF TRAINER ARE YOU AND WHAT QUALITIES DO YOU THINK YOU HAVE?

want to inspire the people around me to improve their quality of life. The power of example is a method by which people can find each other and act, at the same time I consider that adaptability towards clients is a necessary quality for a trainer. The improvement of the quality of life must be done step by step, without having a major impact in the first phase, making the client feel comfortable in the new position.

WHAT IS YOUR NATIONALITY?

Romanian



#1

**Grab a Friend,
Split the Cost**

**50/50
OFFER**

Offer valid on selected subscriptions only
T&C's apply

Sign up Online

**Shop as a Couple
and Save!**

**Get 10% off for Him
and 10% off for Her
on Your Next
Purchase.**

Ramadan
SPECIAL OFFER

Ramadan month is on us:


15%
DISCOUNT

**+ 4 Free Personal EMS
Training Sessions.**

Offer Redeemable for
Members only!

Sign up now!



 Ladies and Gentlemen
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"Every EMS workout is a chance to push yourself beyond your limits and become the best version of yourself. Embrace the challenge and watch yourself transform."