

BEAT THE HEAT

The Hydration Guide

How to Avoid
Dehydration & Energy
Slumps in Summer

Travel Doesn't Mean Pausing Your Fitness

How to Stay Fit Wherever
You Are

How to Prepare Your Space?

for Your Fast Fit At-Home
Introductory Session

Fast Fit x Aquivio Arabia

The Future of Smart
Hydration Has Arrived!

Summer EMS Training

Why Fast Fit's 20 Minutes
is Your Safest Choice

BEAT THE HEAT

WITH FAST FIT

With summer vacation around the corner and temperatures rising, we know that your time and comfort are priceless. That's why we created this edition to be your ultimate guide to staying smartly and consistently fit without burnout.

Our motto this summer is simple: 'Get a full workout in just 20 minutes, and go enjoy your summer!' Discover in this issue how to embrace the freedom of summer and travel, while 20 safe, air-conditioned minutes keep your energy and fitness at their peak. Happy reading and wish you a vibrant summer!

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Fast Fit x Aquivio Arabia

The Future of Smart Hydration Has Arrived!

Because your health and experience are our top priorities, **Fast Fit** has partnered with **Aquivio Arabia** to bring you smart, personalized hydration.

Try this innovative technology now during its pilot phase, exclusively at our Narjis Gents branch, and give your body precisely what it needs!

Customize your own drink or choose from premium wellness options:



Alkaline Hydrogen Water for maximum cellular hydration.



Collagen for joint support and skin health.



Electrolytes to replace lost minerals and fight fatigue.



BCAAs to kickstart muscle recovery.



Multi-Vitamins for overall health and vitality.



L-Carnitine to power up your endurance and energy.

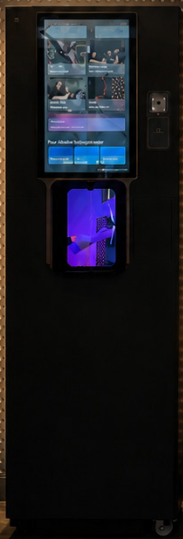


Hydration isn't one-size-fits-all anymore.

Head to **Narjis Gents breach** during your next workout, craft your custom blend, and let us know what you think!



Fuel smarter. Perform better.
This is just the beginning.





Summer EMS Training

Why Fast Fit's 20 Minutes is Your Safest Choice

As summer temperatures soar, maintaining a workout routine becomes a real challenge. Exercising under direct sunlight or extreme heat can lead to heat exhaustion and rapid dehydration, prompting many to abandon their fitness goals during the holidays. That's where EMS training comes in!

 **Why is this 20-minute session your best summer option?**

 **Protection from Heat Exhaustion & Sunstroke:**

Guarantees a safe and effective workout away from the scorching summer heat.

 **Maximizes Vacation Time:**

Efficient workouts that fit your lifestyle, so you can spend less time exercising and more time enjoying moments with the people who matter most.

 **Total Privacy & Comfort:**

Personalized training supervised step-by-step by your certified personal trainer.

 **Don't let the summer heat stop your progress!**

Book your safe, air-conditioned session today at www.fastfit-ems.com or call us at 920031001 for a refreshing 20-minute experience.

The Hydration Guid

How to Avoid Dehydration & Energy Slumps in Summer

On hot summer days, your body loses significant amounts of water and essential minerals through sweat even without intense physical exertion. This loss quickly leads to lethargy, sudden energy drops, and constant fatigue. Since water is the primary driver for electrical signals in muscles, proper hydration is your secret weapon for peak performance and optimal muscle response.

Simple steps to keep your energy high during EMS sessions and daily life:



Don't wait until you're thirsty: Drink water consistently throughout the day, and drink two full glasses an hour before your workout.



Replenish lost minerals: Add water-rich foods like watermelon or cucumbers to your diet to restore sodium and potassium levels.



Limit excessive caffeine intake: Excessive caffeine is a leading cause of dehydration.

When training with **Fast Fit**, ensure you drink enough water so you get the absolute best out of your session in a cool, comfortable environment designed to boost circulation without overworking your body.

 **Stay hydrated and fit!**

Book your next session now via **Fast fit app** and train in an environment crafted for your comfort.



Travel Doesn't Mean Pausing Your Fitness: How to Stay Fit Wherever You Are

Travel is a journey to recharge, whether for business or leisure. However, changing routines and moving between cities often puts fitness on the back burner due to lack of time.

The Smart Travel Fitness Formula:

1. At-Home Sessions

(Currently available in Riyadh, coming soon to Jeddah and Khobar)

No need to worry about equipment; simply pick a time that works for you:

 **Full Setup & Specialized Suit:** Your trainer brings all the equipment and your personal EMS suit. No heavy home workout equipment needed.

 **The Trainer Comes to You:** A certified Fast Fit trainer arrives directly at your apartment, hotel, or home.

 **Complete Privacy & Convenience:** Train in your own space with 100% focus from your personal coach.

 **Just 20 Minutes:** Save hours on commute and setup; your session is tailored to take only 20 minutes.





2. Train Across Saudi Branches

An exclusive privilege available for selected membership plans
Whether you're visiting Riyadh for business, spending a weekend in Jeddah, or taking a peaceful getaway in Al Khobar, you don't have to pause your fitness goals.

 **With Fast Fit**, your training stays uninterrupted wherever you go!

Why EMS is the Ultimate Solution for Travelers:



Saves Time

20 minutes equals hours
of traditional training,
leaving you the rest of
the day to enjoy your trip.



Relieves Travel Fatigue

Electro stimulation
activates blood flow and
eases muscle stiffness
caused by long flights or
drives.



Maintains Consistency

Keeping your
momentum prevents
muscle stagnation and
protects your progress.

Don't let travel disrupt your fitness

make health part of your journey! Select your destination branch
or request our home service right now at **Fast Fit app**.

How to Prepare Your Space?

for Your Fast Fit At-Home Introductory Session

Dreaming of a smart workout experience that beats the summer heat right from your living room? Fast Fit's Home Training Service brings cutting-edge EMS technology straight to your door!



Simple steps to turn your space into a private fitness studio:

Choose the Right Indoor Space

A living room or open floor area is ideal. All we need is a clear space for comfortable movement. Given the summer temperatures, we always recommend training indoors in an air-conditioned room.

Fuel Your Body



Good Sleep: Get adequate rest the night before to ensure optimal muscle response.



Energy Snack: Eating a banana or 3 dates 45 minutes prior offers quick fuel.



Hydration: Drinking water is essential for efficient Electro impulses.



Feel free to enjoy a cup of coffee for an extra focus boost.

Setting up takes just a few minutes, and your trainer will handle the rest.



Book your private trainer now via **Fast Fit App** & start your home journey in total privacy.



Visit your nearest branch

Riyadh



Al Wurud Branch
(Men & Women)



Al Waha Branch
(Men Only)



Al Rabiah Branch
(Men & Women)

Jeddah



Al Khalidiyyah Branch
(Men & Women)

Khobar



Rakah Branch
(Men & Women)



Best EMS Fitness Company
in Saudi Arabia 2025



Top EMS Center in Saudi
Arabia 2025



Largest EMS Fitness Provider
in Middle East 2025



Real Results. 20 Minutes.

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