

**Unlock Your Inner
Strength with**
Coach Ovidiu Carol

Reset Your Energy
Overcome the
Post-Vacation Slump

Fast Fit in
the Spotlight
**Catch Us
on MBC!**



Say Goodbye to Back Pain
A Quick Guide to Eliminate pain

**What to Pack in Your
Bag for an EMS Session**
A Quick Prep Checklist

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Back to Track >>>>

Vacation mode is officially off! As summer winds down and daily routines resume, it's time to kickstart your fitness journey and return to work and school with peak energy and vitality. In this edition, we're sharing our latest summer updates along with top tips to help you seamlessly slide back into your healthy, active routine

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Fast Fit in the Spotlight

Catch Us on MBC!



Big news! Fast Fit took over the screens on MBC's Sabah Al Khair Ya Arab (Episode 136)! Our very own personal trainers Ali Mohammed, certified through our Fast Fit Academy, and Enrique Mosquera showcased the game changing power of EMS technology to millions of viewers during the "Yalla Workout" segment (timestamp 1:20:26).



During the segment, Ali Mohammed broke down the science behind Electro Muscle Stimulation explaining how a focused 20-minute session delivers the benefits of hours in a traditional workout. Meanwhile, Enrique Mosquera took to the mat to demonstrate the dynamic exercises in action, showing just how efficient and targeted every single movement is.

Curious to see how the suit works and how our Certified Personal Trainers guide you to peak performance?

[Watch the full episode here!](#)

[Ready to experience the workout featured on national TV?](#)

Book your 20-minute session today at your favorite branch and let our expert Certified Personal Trainers take care of the rest.

Call us at 920031001 to reserve your spot!



Unlock Your **Inner Strength** with *Ovidiu Carol*



Meet Ovidiu Carol, one of Fast Fit's most inspiring personal trainers at our Al Rakah branch! For Ovidiu, fitness goes far beyond physical movement. It is a meaningful journey centered on self love, courage, and discovering your true inner strength.

With his uplifting and focused approach, Ovidiu empowers every client to push past limits, build lasting habits, and genuinely value themselves. He actively celebrates each milestone along the way, strongly believing that real transformation always starts from within.

Ready to level up your mindset and fitness?

Book your 20minute EMS session with
Coach Ovidiu at Al Rakah today!
Call us at 920031001.



Reset Your Energy

Overcome the Post-Vacation Slump

Heading back to work or university after a relaxing holiday can leave you feeling drained, unmotivated, and stuck in a post-vacation slump.

Beating those blues starts with small, daily mood boosters to reset your mindset:

🌙 **Reset Your Sleep Routine:**

Go to bed early to fix your sleep schedule and lower stress.

📅 **Plan Fun Micro-Breaks:**

Schedule small weekend activities or local outings to keep your spirits high.

🏃 **Get Moving & Refresh:**

Step out to change your scenery! Hit the Fast Fit studio for a brisk cardio run on the Fast Shape or book a refreshing 20-minute EMS session to release endorphins, recharge your spirit, and instantly reset your body.

Ready for an instant mental and physical boost?

Call us at 920031001 to book your session today!



Say Goodbye to Back Pain

A Quick Action Plan

Long hours sitting at your desk or in class can take a heavy toll on your posture, causing nagging lower back pain and stiffness. When work routines dominate, self-care is easily forgotten, leaving your muscles strained and exhausted.

Quick Steps for Proper Sitting Posture

Support Your Spine:

Press your hips against the back of your chair, keeping your lower back upright and supported.

Align Your Screen:

Position your monitor straight ahead at eye level to avoid strain from neck tilting.

Relax Your Shoulders:

Drop your shoulders down and keep your elbows at a comfortable 90-degree angle close to your body.

Still dealing with back pain despite sitting right?

Fast Fit's 20-minute EMS sessions strengthen deep core and back muscles to relieve pain fast.

 **Super busy?** Book an In-Home EMS Training session, and our expert Personal Trainers will bring the suit directly to your doorstep!

Call us at 920031001 to reserve your studio or home session today!



What to Pack in Your Bag for an EMS Session?

A Quick Prep Checklist >>>>

Booked your next session at Fast Fit? Great!

Training with an EMS suit condenses hours of work into just 20 minutes. To make the absolute most of it and leave feeling energized and refreshed, paying attention to a few small details makes a big difference!

Your quick pack-and-go checklist:

🥗 **A Light Energy Snack** (45–60 minutes prior)

An intense 20-minute workout burns quick energy. We don't recommend training on a completely empty stomach, nor after a heavy meal.

Quick options: A banana, a date with a bit of tahini, or a slice of toast with peanut butter.

Benefit: Provides rapid energy without feeling heavy during training.

🧴 **No need to pack towels or shampoo;** we provide all personal care essentials. Just bring comfortable clothes to feel completely refreshed post-workout!

Now, are you ready for an action-packed session?

The best part about EMS training is that you don't need to plan exercises or manage weights we will take care of everything! All you have to do is set your phone aside and use those 20 minutes to focus entirely on your health and wellness.

Ready for your 20 minutes?

We're waiting for you at your favorite branch for an unparalleled energy and recovery boost! Call us at 920031001 to confirm your slot.





Visit your nearest branch

Riyadh



Al Wurud Branch
(Men & Women)



Al Waha Branch
(Men Only)



Al Rabiah Branch
(Men & Women)



Al Narjis Branch
(Men & Women)

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Rakah Branch
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Real Results. 20 Minutes.

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