

Fitness
CHIX

MOBILITY & STRENGTH TRAINING



for
Runners



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)

F i t n e s s **CHIX**



About us . . .

FITNESS CHIX IS ABOUT STRENGTH, CONDITIONING, MOBILITY & MINDFULNESS.

WE OFFER ONLINE TRAINING PROGRAMS TO DO IN THE COMFORT OF YOUR OWN HOME.

PROGRAMS INCLUDE TARGETING SPECIFIC ELEMENTS OF YOUR TRAINING TO ACHIEVE YOUR GOALS

Our Mission . . .

OUR AIM IS TO ENCOURAGE YOU TO STRENGTHEN YOUR BODY, CULTIVATE YOUR MIND, AND ADOPT SKILLS THAT SUIT YOUR LIFE



Our Philosophy. . .

BY CULTIVATING YOUR PURPOSE IN LIFE, IDENTIFYING WHAT YOU WANT, ADJUSTING YOUR HEALTH AND WELLBEING TO SUIT WILL AUTOMATICALLY FALL INTO PLACE

Our Mantra. . .

UNLEASH YOUR INNER GODDESS



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)



What Our Clients say

TULSHI GOT ME THROUGH SOME OF THE HARDEST TIMES IN MY LIFE MENTAL HEALTH WISE WITH HER SUPPORT, DURING PANIC ATTACKS. WITHOUT TULSHI I WOULDN'T HAVE THE POSITIVE RELATIONSHIP WITH EXERCISE I DO NOW AND AM NOW MORE COMFORTABLE TO WORK OUT



I THOROUGHLY RECOMMEND TULSHI AS A COACH AND AN OVERALL ASSET TO ANY FITNESS GOALS YOU MAY WANT TO ACHIEVE.

I'D BEEN TRYING TO OVERCOME PREVIOUS INJURIES AND SHE HAD CREATED A PROGRAMME TO MAKE THESE A THING OF THE PAST. TULSHI MADE THE SESSIONS VARIED, ENJOYABLE AND CONSTANTLY DEVELOPING.



'AFTER YEARS OF NEGLECTING BOTH MY PHYSICAL AND MENTAL HEALTH, AND HATING WHAT I SAW IN THE MIRROR; I FINALLY DECIDED IT WAS TIME TO MAKE SOME HUGE CHANGES. TULSHI HAS BEEN A HUGE MOTIVATOR AND INSPIRATION WITH ALL HER POSITIVITY AND SUPPORT!

VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)



GLUTE BRIDGE

DRIVE HAMSTRINGS INTO FLOOR
SQUEEZE INNER THIGHS TOGETHER
CLENCH GLUTES

3 X 15-20 REPS

GLUTE BRIDGE BRACE

TUCK TAILBONE IN
SQUEEZE INNER THIGHS TOGETHER
DRIVE KNEES OUT

3 X 10-20 SECONDS ISOMETRIC HOLD



SINGLE LEG GLUTE BRIDGE PULSES

TUCK TAILBONE IN
RAISE LEG TO THE CEILING
DRIVE OPPOSITE FOOT INTO FLOOR

3 X 8-10 PULSES / REPS

HIP ROTATIONS

TUCK TAILBONE IN
RAISE LEG TO 60 DEGREES
ANTI-ROTATE LEFT LEG (8-10 REPS)
ROTATE RIGHT LEG CLOCKWISE (8-10 REPS)

REPEAT FOR 2-3 SETS



CAT / COWS

COW - PRONOUNCE CHEST TO WALL
CAT - TUCK TAILBONE IN CHIN TO CHEST

5-6 REPS



REAR KICKS

SPINE IN NEUTRAL
PALMS DRIVE INTO FLOOR (OVER SHOULDERS)
FLEX FOOT TO THE CEILING

3 X 15-20 PULSES

SINGLE LEG SQUAT

TUCK TAILBONE IN
SPINE IN NEUTRAL
KICK ONE LEG IN FRONT
HINGE HIPS BACK & STAND - PRESSURE
IN (LEFT LEG - AS SHOWN IN THE
PICTURE)

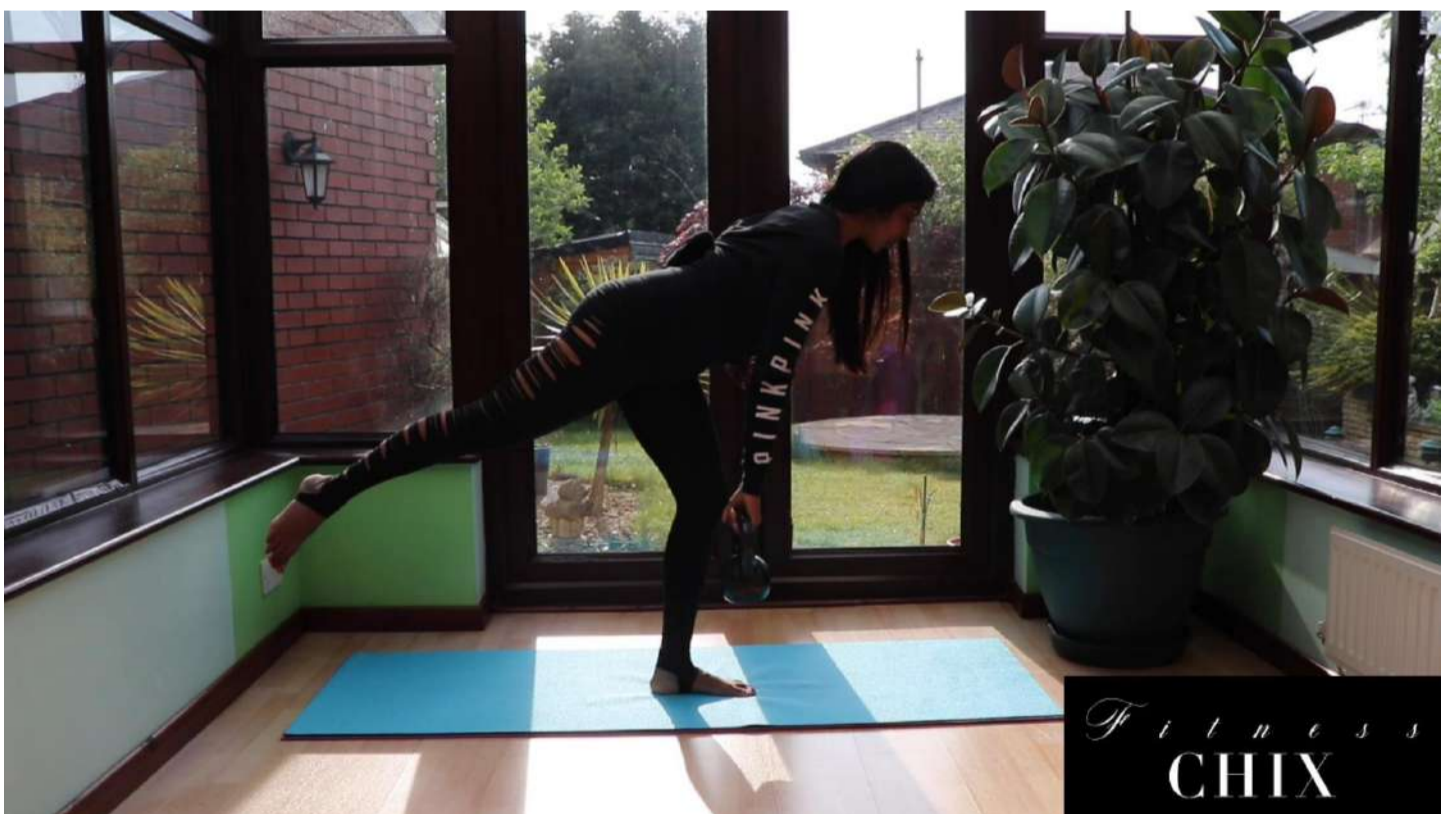
3 X 10 REPS EACH LEG



SQUAT + PULSES

TUCK TAILBONE IN
DROP HIPS BELOW PARALLEL
DRIVE HEELS INTO FLOOR
CHEST PRONOUNCED

3 X 10-15 REPS + 8-10 PULSES



SINGLE LEG ROMANIAN DEADLIFT

TUCK TAILBONE IN
BELLY BUTTON TO SPINE
HINGE FROM HIPS
RAISE OPPOSITE LEG (FORM T POSITION WITH YOUR BODY)
SQUARE OFF HIPS
RETURN TO STANDING TO FINISH REP

2-3 SETS - 6-8 REPS EACH LEG

Fitness **CHIX**



*Our training platform
offers . . .*

**Including Runners mobility &
strength video**

STRENGTH
CONDITIONING
MOBILITY
MINDFULNESS

Our online community. .

OFFERS PRIVATE ACCESS TO
FACEBOOK GROUP WHERE WE SHARE
PERSONAL STORIES AND EXPERIENCES
WITH OTHER FITNESS CHIX MEMBERS

INSTAGRAM - SHOWCASES
INSPIRATIONAL MOVES, QUOTES AND
ACCESS TO OUR BOOK CLUB

YOUTUBE
GIVES YOU A WIDE VARIETY OF ALL
THE VIDEOS INCLUDING MINDFULNESS
& LIVE EVENTS EACH WEEK!



VISIT OUR WEBSITE - [FITNESSCHIX.COM](https://www.fitnesschix.com)

INSTAGRAM - [@FITNESSCHIXUK](https://www.instagram.com/fitnesschixuk)