

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



*Resistance Band  
Training*



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 POTENTIAL



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# Fitness CHIX

## 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.



'TULSHI HAS BEEN KEEPING UP WITH MY RACING SINCE THE START & WE'VE DECIDED TO STEP THINGS UP ON ALL LEVELS, PHYSICALLY & NUTRITIONALLY!

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

## *Benefits Of Resistance Bands*



RESISTANCE BANDS ARE COMMONLY  
USED FOR THERAPY AND STRENGTH  
TRAINING

THEY ASSIST WITH PREPPING THE  
MUSCLES BEFORE INTENSE TRAINING

THEY CAN ALSO BE USED TO  
ENHANCE STRENGTH AROUND  
SPECIFIC AREAS OF YOUR BODY

THEY ARE SIMPLE, LIGHT AND  
EFFECTIVE - ABLE TO TRAIN  
ANYWHERE & ASSIST IN TRAINING AT  
HOME

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# Fitness CHIX

## Resistance Training

USE BANDS TO INCREASE THE GLUTES  
BANDED SQUATS WILL SUPPORT GLUTE MED  
IT WILL HELP GLUTES LOOK ROUNDER &  
FULLER

TEMPO: 3 SECONDS LOWER  
1 SECOND PAUSE  
1 SECOND ASCEND



ADD EXTRA UMPH AROUND YOUR T-SPINE

THIS IS NOT FOR THE FAINTHEARTED

TAKING IT SLOW - USE THE BAND AND  
ROTATE ARM UP TO THE SKY - DON'T  
FORCE THIS IF IT'S IRRITATING YOU

TEMPO: 3 SECONDS TO POSITION  
1 SECOND PAUSE  
1 SECOND ASCEND

A CONVENTIONAL LUNGE BUT  
ADD A BICEP CURL  
INCREASES TRUNK ELEVATION  
INCREASES RANGE OF MOVEMENT

TEMPO: 5 SECONDS LOWER  
2 SECOND PAUSE  
1 SECOND ASCEND



TIP:

LOWER THE BACK LEG TO A  
DEGREE THAT IS COMFORTABLE

KEEP TRUNK ELEVATED

FRONT KNEE TRACKS OVER  
THE FRONT ANKLE

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# *Fitness* **CHIX**



*Our training platform  
offers guided meditation journey. . .*

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!



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