

F i t n e s s
CHIX

*Rest,
Recovery
&
Mobility*



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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F i t n e s s 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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Benefits Of Recovery



RECOVERY ALLOWS THE BODY TO
REPLENISH ITS ENERGY STORES,

WE CAN'T BE ON FULL THROTTLE 100%
OF THE TIME, EVEN THOUGH IT MAY
FEEL LIKE IT!

THE WAY I APPROACH TRAINING IS
USE THE HIGH INTENSITY VS LOW
INTENSITY METHOD.

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Mobility

SHOULDER & CHEST OPENER - **BEGINNER**

- *ENSURE HIPS ARE OVER KNEES*
- *EXTEND ARMS TOWARDS FRONT OF THE MAT*
- *LOWER THE CHEST TO THE FLOOR*
- *ENGAGE ABDOMINALS TOWARDS SPINE*



SHOULDER & CHEST OPENER - **ADVANCED**

- *ENSURE HIPS ARE OVER KNEES*
- *EXTEND ARMS TOWARDS FRONT OF THE MAT*
- *BEND AT THE ELBOWS*
- *PLACE PALMS IN A PRAYER / PRESSING INTO THE UPPER BACK*

SHOULDER & CHEST OPENER - **ADVANCED**

- *LAY IN A PRONE POSITION*
(ON YOUR FRONT)
- *PLACE HANDS BESIDES NIPPLES*
- *PUSH THE GROUND AWAY WITH HANDS*
- *OPEN CHEST*
- *DROP SHOULDERS AWAY FROM EARS*



SHOULDER & CHEST OPENER - **ADVANCED**

- *LAY IN A SUPINE POSITION*
(ON YOUR BACK)
- *PLACE HANDS UNDER YOUR GLUTES*
- *PUSH THE GROUND AWAY WITH ELBOWS*
- *OPEN CHEST*
- *DROP SHOULDERS AWAY FROM EARS*

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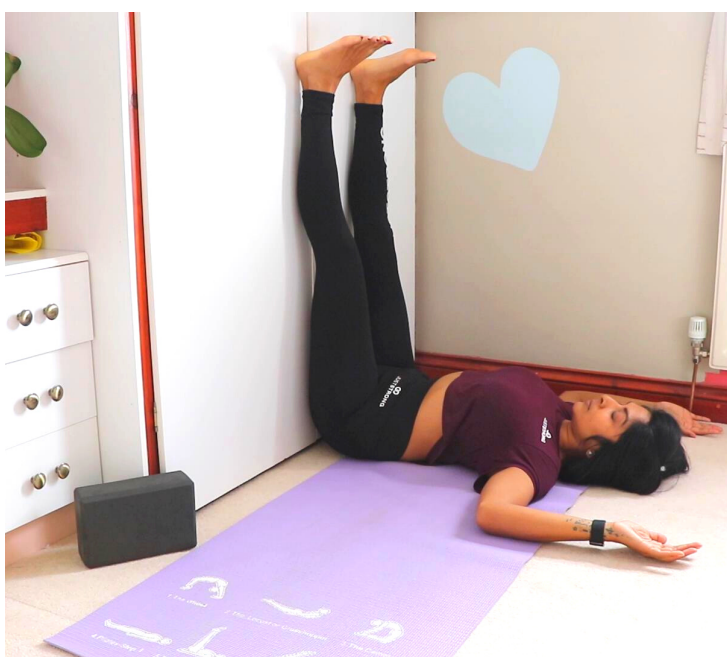
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Recovery

HIP OPENER - INTERMEDIATE

- *LAY IN A PRONE POSITION*
(ON YOUR FRONT)
- *PLACE HANDS UNDER YOUR HEAD*
- *PLACE BLANKET (FOLDED)
UNDER YOUR HIPS*
- *EXTEND LEGS AWAY - PLACED HIP
DISTANCE APART*
- *RELAX FOR 3-5 MINUTES*



HAMSTRING RELEASE - INTERMEDIATE

- *PLACE YOUR GLUTES AS CLOSE AS YOU
CAN NEAR A WALL*
 - *SHUFFLE YOUR LEGS UP THE WALL*
 - *REDUCE GAP BETWEEN GLUTES & WALL*
 - *ARMS INTO A T OR GOAL POST*
-
- *ADD SLIGHT BEND TO KNEES IF FEELING
DISCOMFORT*

4 X 4 BOX BREATHING - INTERMEDIATE

- *SIT IN A COMFORTABLE POSITION*
(ON A CHAIR / ON A BLANKET HELPS)
- *PLACE RIGHT THUMB OVER RIGHT NOSTRIL
& RING FINGER OVER LEFT NOSTRIL*

- *INHALE THROUGH THE LEFT NOSTRIL FOR
A COUNT OF 4*
- *CLOSE THE LEFT NOSTRIL*
- *INHALE THROUGH THE RIGHT NOSTRIL FOR
A COUNT OF 4*
- *CLOSE THE RIGHT NOSTRIL*

BREATHE IN FOR A COUNT OF 4,
EXHALE FOR 4

- IF THIS IS EASY - **ADVANCED** VERSION
IS TO ADD A PAUSE IN BETWEEN
BREATHES FOR A 4 COUNT



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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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