



Resistance Band

Training







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

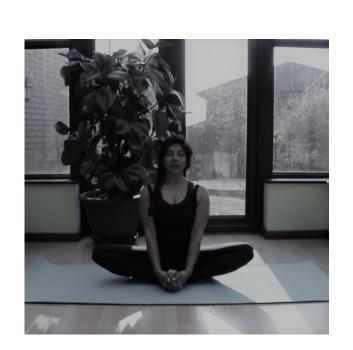


Our Philosophy...

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

Bur Martra...

UNLEASH YOUR INNER POTENTIAL



VISIT OUR WEBSITE - <u>FITNESSCHIX.COM</u>
INSTAGRAM - <u>@FITNESSCHIXUK</u>



What Bur 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!



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



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





Our training platform offers guided meditation journey. . .

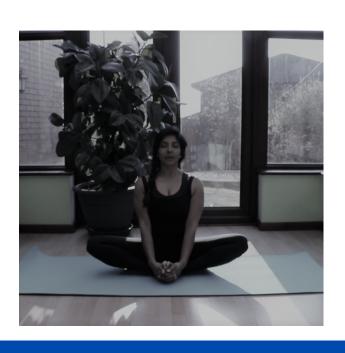
STRENGTH
CONDITIONING
MOBILITY
MINDFULNESS

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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