

THE

OUTFIT

NEWSLETTER

Hey! This is The OutFit's official newsletter. Through this monthly issue we will be sharing a bunch of Inspiring Fitness Stories, Coach Interviews, Nutrition Tips & much more. Read on!

FITNESS AS A LIFESTYLE!

::Aditya, Member, The Outfit

"If you asked me what I was like a few months ago, I would say that I was a lazy person who always procrastinated going to the gym. On the days that I would actually push myself to go, I'd end up giving up in just a few days.

4 months ago I had returned to Bangalore from the United States after completing my education. Freshly motivated, I joined The OutFit Gym and started to train under Coach Kris.

When I joined I was a pretty big guy who had difficulty in doing even the most basic movements since I hadn't worked out regularly in ages.

I quickly realized that Coach Kris wasn't like any other trainer who just made you do random exercises for the heck of it.

He first took the time to understand me, my lifestyle, and then planned the workouts and meal plan according to my body type. Initially I had to really push
Contd.



BEFORE



AFTER

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myself to go to the gym, but over time with his workouts and the great vibe in the gym, I started to enjoy going to the gym. It kind of became like an addiction.

I started to feel a difference in my body and mind and I was able to do many things that I never imagined I could. Every workout made me feel a lot more confident in myself. In these 4 months I've lost 23 kgs in weight and 5 inches around the waist - but more importantly I've become stronger and healthier.

Thanks to The OutFit and Coach Kris, fitness has become a lifestyle for me - to an extent where I even try to incorporate a

workout when I'm traveling! I look forward to seeing where my fitness journey goes from here!"

"Well done Aditya, keep going brother. Your determination to look beyond your injuries & still focus on improvement is really commendable! Keep inspiring!"

**- Coach Kris,
The OutFit Gym**

GET FIT MANTRA

WHY WEIGHT TRAINING IS RECOMMENDED FOR WEIGHT LOSS?

WHEN YOU'RE FOLLOWING A CALORIE DEFICIT DIET - THAT IS EATING LESS THAN YOUR BODY REQUIRES, THERE ARE HIGH CHANCES OF MUSCLE LOSS.

RETENTION OF MUSCLE MASS IS VERY IMPORTANT, LOSING MUSCLE MASS CAN HAVE A LOT OF ILL EFFECTS ON YOUR OVERALL FITNESS.

STRENGTH TRAINING HELPS YOU RETAIN THE MUSCLES AND CAN ALSO HELP INCREASE YOUR METABOLISM.

TRAVEL WORKOUT OF THE MONTH

- Iso Holds
- Push up holds 45s on 15s off *3 sets
- Wall sits 1min*3 (ES)
- Bird dog holds (use water bottle as load)
- 45s on 15s off (ES) *3
- Side plank holds 30s on 30s off (ES) *3

MET CON

5 rounds of:

10 jumping jacks, 15 striders, 20 leg raises

Head over to the 'Highlights' section on our Instagram handle [@theoutfitgym](https://www.instagram.com/theoutfitgym) to learn the form & technique for each of the movements listed above.

INTRODUCING FITPASS

For Details, contact
+91 95133 86007



Looking to join The OutFit Fam but travel too much to commit to a full membership? We've got a plan for you!

We're excited to introduce the OutFit "Fit Pass". You can choose a 50 or 100 class pass where you have the ability to attend that number of classes for a period of 1 year! This pass is also the only membership that allows you to redeem a class at any of our facilities!

Contact us for more details!

WHAT'S UP COACH!

:: FEATURING **VARUN HD**

"Since my school days, I've been an athlete. I played cricket for 5 years and went on to play American Football in college - representing Jain University. It was these experiences that showed my love for Functional Fitness.

After college, I started working for our family business but I kept working out at any time I could spare! For a year I continued this routine until I heard about The OutFit Gym.

I leaned that The OutFit is a place where I can learn and acquire knowledge while I few as a Strength and Conditioning Coach. Every day I learn something new from my peers and mentors.

I felt blessed when I was offered the opportunity to start as an intern with the best coaches in Bangalore. Since I became an official S&C coach, I've only been



taught more and more about this field and how to improve day by day. During thistime I was able to work on my own physical fitness as well!

The best part of this entire experience is that I have been able to help my clients reach their fitness goals! I look forward to helping more and more people - which brings me so much happiness."