



Weight No More...



Did you know...Thinking Fitness has established a NEW Strive Smart Strength program including rower & treadmill stations right here in Tumby Bay? We are dedicated to making sure that our facility offers the very latest in fitness equipment. We are excited to be the first facility in South Australia to offer Strive Smart Strength equipment. Strive provides a real system that turns fitness goals and aspirations into reality.

Strive Smart Strength delivers the most effective and efficient workouts available. In less than 2 minutes per machine, you are able to train each body part using Strive's 1-2-3 routine. By going through the full circuit, you can achieve a total body workout in only 20-30 minutes. This enables you to get the most out of your time spent in the gym. No matter what your fitness level is, optimise your workouts with Strive Smart Strength.



It is important to understand one of the essential truths about strength training, **variety is the spice of life**. I realise that this cliché might be old school but it still relates to strength training today. When strength training, even at an appropriate intensity, your workouts periodically need to change in order for you to see continued results. Exercise variety provides the body with constant stress. The body attempts to account for this stress, by building muscle or burning fat for energy. It is this response to exercise that causes changes in how we look and feel. Without variety, your body becomes accustomed to exercise and you stop seeing results. Only exercise variety will bring about new changes in your body. Strive circuits provide variety with each workout through their unique 3 step lever cam system. In Strive's 1-2-3 routine, there are three sets. Each set feels completely different. On all other strength equipment, no matter how much weight you use, each set will feel exactly the same. All you really have to do is pick an appropriate weight, complete each set, and change the cam to the next position. That's it. The machine does the rest for you. It is as easy as 1, 2, 3!



At Thinking Fitness you can work out when **you** like because we have **24 hour 7 day club access**. Costing a very low \$11 per week, anyone can afford to train.



Or join our **Strive 1-2-3 Circuit Class**, it's short at around 30-40 minutes, lots of fun with a different theme each week. It's the best way for a beginner to be introduced to the Gym and really packs a calorie deficit punch!

Remember, in as little as two minutes per machine, Strive Smart Strength provides the variety necessary to guarantee that your workouts will bring better results in less time. Strive Smart Strength offers the most effective workout available in the gym.

If you have any questions about what you just read or would like to do a FREE session with no obligation then please contact the staff at Thinking Fitness on 8688 1932. Come with a friend & we will give you both 3 FREE sessions each!!

