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But Phillips, who's 43, credits vision, persistence, patience and lots of hard work for the success he's found in the gym business. The San Antonio native, who grew up in the 1990s in the Sutton Homes ...

A 'Cheers' gym: San Antonio native's growing gym business aims to be friendly - and push members

The company believes that digital exercise offerings will continue to be important. But people also want the in-gym experience.

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How Crunch Fitness Stayed in Shape During Covid

National chain Total Fitness is shutting one of its gyms. Members were informed of the shock decision in an email from company bosses. It means the branch - on Macon Way, in Crewe - will shut on ...

Total Fitness to shut gym after almost 20 years

You've likely seen ads for the Mirror or heard about it here on the Strategist. It looks like a regular wall mirror when not in use, but turn it on and you instantly access hundreds of different ...

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I've been a regular gym rat for roughly two decades, but a lot changed last year when, thanks to Covid, I could no longer visit my local fitness center. As the whole planet temporarily grinded to a ...

5 home gym essentials I can't live without

Women-friendly workout machinesSome women aren't comfortable lifting free weights and barbells, but they still need to mix resistance training with cardio to get in optimal

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shape, says Robin Cortez,
...

9 Useful Gym Machines for Women

Wearable fitness devices typically measure and provide data on a combination of steps, distance traveled, physical activity, sleep patterns and calories expended. Some devices have apps that can be ...

Fitness trackers are everywhere. But what are their pros and cons?

A Crewe gym is set to close its doors after almost 20 years. Total Fitness, a national gym chain, informed

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members that it would be shutting the Macon Way branch next month. The gym group broke the ...

Crewe gym set to close its doors after almost 20 years

Pay, incentives, and benefits haven't significantly changed for decades, but people's preferences have. Employee compensation needs a rethink if companies are to attract and retain talent.

Rethinking total reward strategies

Shweta Tiwari s trainer Sahil Rasheed took to his social media handle to share the video of the actress

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working out with her daughter Scroll down to watch ...

Shweta Tiwari and daughter Palak Tiwari's workout video will give you serious fitness goals | Watch

Montréal-based startup Silofit, which offers a network of micro-gyms, has raised \$12.75 million CAD in Series A funding to fuel its US expansion efforts.

Silofit secures \$15.25 million CAD to bring micro-gym model to United States

Kayla Itsines has revealed exactly what she packs in her gym bag ahead of a workout, and why she always

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gets it ready the night before so she has no excuses come the morning.

REVEALED: Exactly what Kayla Itsines packs in her gym bag ahead of a workout - and the secret to sparkling white sneakers all year round

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Celebrities to Revolutionize Connected Fitness with GRIT EPIQ

AI-powered equipment that doubles as modern furniture?

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A platform that packs in an entire gym's free weights? A kettlebell that tracks your ...

Smart home fitness equipment that may tempt you to give up your gym membership

Bustle spoke with Dan Braun, Brooklyn Boulders' national product manager and general manager in the Boston location, who gave us his best tips for the climbing curious. Here's how to avoid the ...

The Total Rookie's Guide To Climbing Gyms

Fitness tracking app Strava saw big growth during Covid as people worked out at home

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instead the gym. Its founders, former Harvard rowers, plan to keep winning.

In Peloton post-pandemic competition with gyms, it's fitness app Strava that can win

Curious about how athletes train for the Olympics, at the Olympics? Take a peek inside Tokyo's state-of-the-art Olympic Village gym.

Training for Tokyo: An Inside Look at This Year's Olympic Village Gym

Football Insider has been told by Alex McLeish Mikey Johnston may never fulfil his 'fantastic potential' at

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Celtic after another injury layoff.

Ex-manager tells puny Johnston to get in the gym and 'bulk up' after new Celtic blow

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