



THE BIRTH OF SGUT

Adam and Eve picked an 🍏 - I just turned on my 💻 and started ZOOM...

YO TEAM! What's happening?

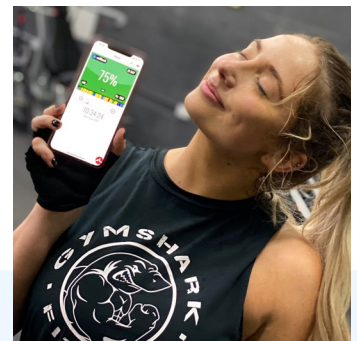
I'm proud to say SGUT has definitely grown through lockdown – what started off as a 1-2-1 PT brand, has evolved into delivering outside Bootcamp, inside grouped sessions and now due to the current restrictions, solely into a virtual coaching physical, nutritional and mindset service.

I have always thought there is a gap in the industry in regards to the way we access fitness – for example, you build a relationship with a coach or facility but when an event happens like school holidays, a trip away or in this instance Covid19, it always leaves the client/member asking themselves, what do I do now in terms of continuing my fitness journey?

I noticed this happen, I had 4000 UG members scratching their heads and then subsequently jumping into my inbox asking to borrow equipment, from Kettlebells and even the Stair-master (why someone would want that thing is beyond me!) but, although I couldn't supply the kit, I knew I could supply a service – this is where SGUT virtual coaching was born.

I started the Zoom meetings through LD2.0 kept them going and Ethan offered the on-site class at UG (which is included within your membership btw) but I also wanted to keep the consistency going online, because I knew we weren't out of the woods with Covid.

Fast forward to the Christmas period – this is when the power of my Virtual coaching really hit home for me, when two of my 1-2-1 clients were in different parts of the world.



Friction was DJing in New Zealand and had to do a two-week lockdown in a hotel room before the gigs went ahead and Daniel Lucas was in Norfolk with his family.

Both of them got up, switched on their ipads and 'GOT IT DONE', I would never have been able to reach them without this system. I even managed to do two lives, one on Christmas Eve and New Year's Day from my house, again without the gift of virtual training, this would have been impossible.

Lockdown isn't going to last forever, but SGUT certainly will be – you see, SGUT isn't just a workout, it's a coaching service. I intend to offer you a solution of 24/7/365 fitness, nutritional guidance and a level of accountability and now with Virtual I can!

Thank you all for being part of this life-changing journey.





www.solgilbert.com

THE NEW SITE

The new SGUT website is complete and I am super proud of how well this has come together. We even have an app version of the site being designed as we speak.

A New Portal

This is the **MEMBERS ONLY** portal, and all my members who complete the six-week challenge foundation program (6WC) gain access to the next level, **THE INNER CIRCLE**.

6WC is the part of the site that will educate and condition you mentally over a six-week period, this isn't as intense as the 21DC – this is a program to keep you on track and accountable from day one.

If you haven't joined the members section make sure you do, there is a tonne of amazing content that will give you all the tools to keep your engine in tip/top shape.

New Membership Area

We will be moving away from Team up and have just moved with Quoox.

Why?

Simple – Quoox offer a better user experience and have an app where you can access the live class, watch SGUT ON-DEMAND, store body transformations and pull in your Myzone data.

A no brainer for us and now you will have the benefit of two more effective apps: **SGUT Education** and **SGUT Training**.



QUOOX





MEMBERS SAY...

Emma Louise Parker - Sol Gilbert Ultimate Training & Virtual Coaching

Thank you to this group and Sol Gilbert for helping me to lose over 5kgs in 21 days and over 30 inches across my body.

However, that was not my major motivation, the mental health support that doing this has provided me with has been amazing. I highly recommend it to anyone struggling through lockdown, needing structure, routine etc... Sol and the team have fine tuned this and it works.

"I don't do diets, I don't run"...all of this mind set has been totally altered and I can now power walk / run 5ks, I have a healthy mind and my body is starting to get back to its rightful place... I enjoyed it so much that I have signed up for another 6 weeks... for me to do this, is pretty awesome, but so is this...



Andi Fletcher - Sol Gilbert Ultimate Training 21 Day Cleanse

21 day cleanse challenge ...DONE!

It did what it said on the tin... cleansed me and challenged me!

I was bored of my exercise routine.. drinking too much...picking at food (and chocolate)... slowly losing the health and fitness I've worked so hard for in the past! I needed a kickstart to a fabulous 2021... the year I turn 50

I got exactly, exactly what i needed.... motivation hard work accountability...

So bring on 24 online workouts.... 63 healthy clean meals... 3 x 5k runs...a handful of planks and mobility sessions and I lost 5.4kg and 29cm overall from across my body!

Am really happy.. am on that right path now.

Thank you Sol Gilbert
#lovinglife #gotmymotivationback



January

WIN WALL

Christina's Win – my big win, no drinking in the week since October, exercising most weekday mornings since October (except Christmas). I'm not good at sharing pictures, and there's still a way to go but these lifestyle changes have also helped my mental health and sleep pattern for the better.

Karina's Win – my big win this week is actually sitting down and eating a proper healthy lunch each day instead of just picking out of the fridge!

Hayley's Win – my big win is motivating myself to continue to exercise five times a week, it's

been a tough month emotionally and this commitment has helped enormously.

Kirsty's Win – my wins are giving up Diet Coke and not even missing it! And developing a much healthier relationship with food.

Nancy's Win – my big win is that I'm still doing exercise five times a week (mostly) since November and pushing through those mornings where I can't be bothered and still turning up.

Justin's Win – exploring and enjoying veg/vegan recipes. Total body centimetre loss was 21.5cm.

Sonia's Win – no alcohol at all for a month. This is a huge win since after 20+ years spent in France, I've always drunk 2-3 glasses with my meals.

New Inner Circle Member Goals

Simona says: "Hi I'm new to this group. My goal is to stop drinking Diet Pepsi, less eating and get to exercising again!"

Alex says: "It's so great to be part of this team, I feel better mentally and physically already, I want to continue to work out daily and better my nutrition!"

STAFF PROFILE

Liz Q&A

WHAT IS YOUR HISTORY?

I have been in sales and marketing for over 20 years in all kinds of industries including media, fitness and B2B. I love networking and helping my clients achieve goals.

I'm passionate about helping others, have a healthy life mentally and physically, having battled my own demons in the past – positive mental attitude is imperative and working with Sol with his energy, motivation and drive is amazing – I love seeing members grow in their fitness and mental health

How did you get started at SGUT?

Having worked with Sol for years flogging him ads in the local paper – I stumbled across them all working out at the first lockdown working out @ Rockwater – I was feeling in a slump and joined immediately – I felt amazing after a few days and started helping Sol with member enquiries on a freelance basis, the rest they say is history!!

How many challenges have you completed?

Three challenges

What do you like about your job at SGUT?

The People, the energy and the drive.

How do you balance so much as a single mum with two jobs and working out?

BALANCE. Plus I eat clean, I work out, I get VERY early nights and I also take time out for self care and switch my phone off occasionally!

Any comments?

I have loved watching and being part of SGUT adapting to the current lockdown with gyms closing, there was so much fear with clients myself included of how we would achieve our goals and keep the momentum virtually- Sol is an amazing virtual coach and has such passion for each individual.

I stay love staying connected to each member and building my relationships with each and every one, we are a great community all wanting to live a healthier way of life!!

Thank you for all your hard work, Liz x



Exclusive

DISCOUNTS

As a **SGUT MEMBER** you get access to our discount list...

Need some new Kicks or some fresh AF gym gear?

Nick Rivett sports 10% OFF - quote SGUT10

Want to see if you are really going balls out!!

Track your progression and monitor your Heart Rate with Myzone HR Tracker

RRP £129.99 SGUT £79.99

Myzone band <https://buy.myzone.org/?lang=enGB&voucher=SGUTUK001>

Fancy a juice?

YouJuice 10% OFF - quote SGUT www.youjuice.co.uk

Need a new website?

Free Website and App Builds - U2 View Media - Lizzie 07534 388695

Got a business and wanna advertise?

20% OFF all Advertising campaigns @ Gaydio Radio - Lizzie 07534 388695

15% OFF @ English Rose Beauty Room - Nancy 07722356495

Carbs are not the enemy

La Piazza - Monday - Friday 12-5pm - **15% OFF Your Total Bill** - www.lapiazza.co.uk

Covid safe masks

Amazing Mii Comfort antibacterial masks with adjustable earloops

For 20% OFF use following link

https://www.amazon.co.uk/dp/B08SMFLJH8/ref=cm_sw_r_wa_api_fabc_SOAdGbAZMCK1X

LASTLY...

Up and coming SGUT Shizz

SGUT Education APP. Basically, the Website SGUT Timetable introduces the **UG VIRTUAL** which is now part of the SGUT Virtual offering, so you now get to workout with other other coaches.

Again I would like to thank you for your continued support and if I can help you in any way, all you gotta do is reach out!

Stay safe and I'll catch you On-Line.

