

Building Muscle

Watch: Move, Shape and Shred Your Body For Summer

Our new video series increases mobility, builds muscle and burns fat in one workout

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For the month of May we're bringing you a brand new video series: Move, Shape, Shred.

Devised by top **PT Rich Tidmarsh**, each workout will comprise of a number of exercises that will help improve mobility, build muscle and lose fat.

(Related: The 14 best beginner exercises to do in the gym)

It's the complete workout. You're welcome.

For more workouts follow Rich on **Instagram**

