

# NEWMARKET.

## A DAY IN THE LIFE OF

F45 TRAINING NEWMARKET'S RAKENA TAKEREI

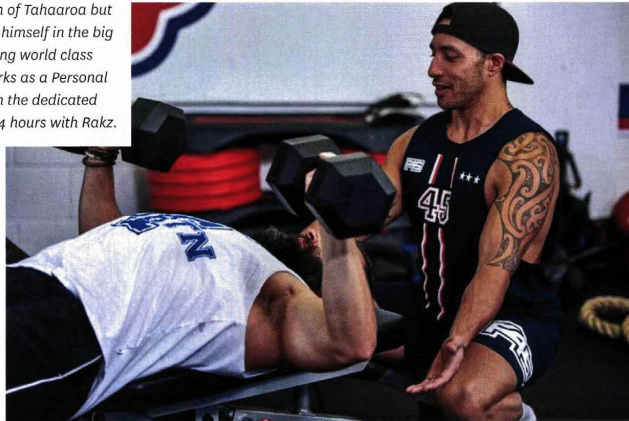
Newmarket is a long way from his home town of Tahaarua but Rakena Takerei is quickly making a name for himself in the big city. Fitness is his passion - as well as teaching world class group fitness sessions at F45 Training, he works as a Personal Trainer at Movement Lab. We caught up with the dedicated trainer and caught a glimpse into a typical 24 hours with Rak.

### 4.30am

My first alarm goes off but the snooze button usually gets hit a couple of times. I roll out of bed, shower and then get ready for the day. I'm always hungry in the morning so usually start it off with oatmeal, toast and a coffee for breakfast.

### 5.30am

Time to head to work. I either walk, run or cycle to the studio.



### 5.45am

Arrive at the F45 studio in Newmarket. My morning class is usually well underway by 6AM and today it's resistance day so the workout is called Romans. A good strength and conditioning class to get muscles pumped up!!

### 6.00am

I'll be instructing two classes between 6 and 7.30am. It's great to see people committing to a workout before they head to work!

### 8.00am

#### COFFEE TIME!

I grab a coffee from a cafe near the studio and spend some time working on plans for my Personal Training client sessions for the day. Then I check emails and touch base with my clients.

### 9.30am

A more boutique class to teach, so I get to focus on individuals a little more to make sure they're getting the most out of the workout.

### 10.30am

One-on-one personal training with a client. I'll be working with them in the Movement Lab studio; it's an awesome beautiful space to train my clients.

### 12.20pm

F45 Corporate lunch class: I love taking these classes because everyone gives it their all. After the workout I take the class through some stretches and we have a few yarns on how they're feeling after the workout.

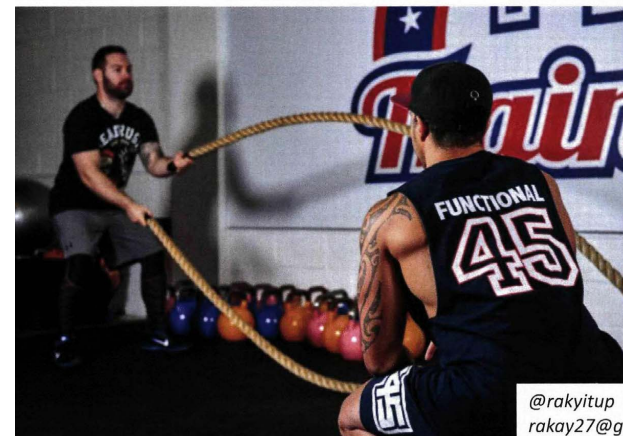
"...GETTING FITTER,  
STRONGER AND FASTER"

### 2.00pm

I have to get my own workout in so I usually head to the Olympic Pools & Fitness Centre to do some strength training. If I'm not taking a class at F45, you'll see me joining in with the members during their morning and evening classes getting that cardio done!

### 5.30pm

Evening class at F45 - got to soldier on to teach my last two Roman classes for the day. It's always good to see our members getting fitter, stronger and faster.



### 7.30pm

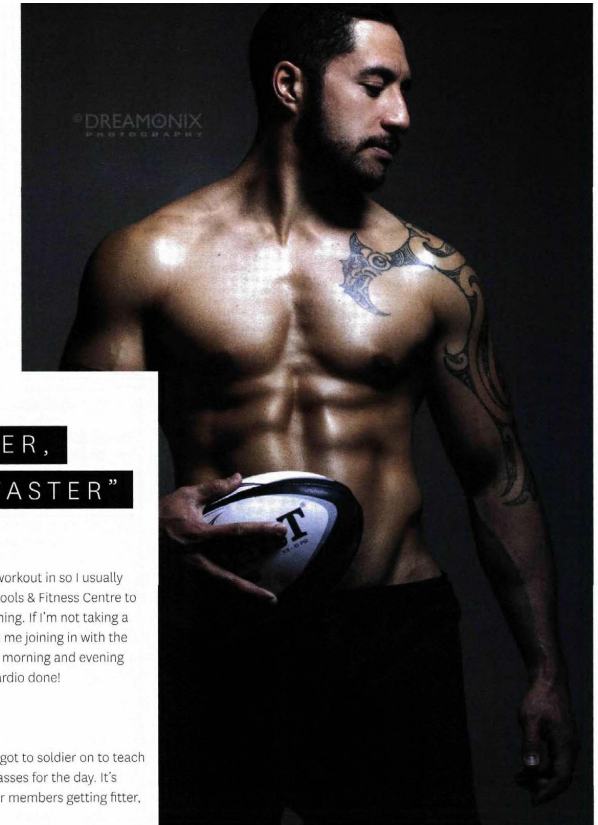
Personal training a client: my last one-on-one session before I clean and set up the studio for tomorrow morning's classes. Then I make my way home.

### 8.30pm

Home time! Dinner, shower and some much needed downtime. Prep for tomorrow and hanging out with my housemates.

### 9.30pm

# SLEEP



@rakyitup  
rakay27@gmail.com