



## Free LinQ to online fitness for our community!

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Table Tennis England's partners at LinQsport are helping the sport's community to find ways to keep themselves fit during lockdown.

In normal times, the [free-to-use app](#) helps players find somewhere to play and an opponent to take on.

But, during the lockdown, the app's LinQup function is instead helping people to find high-quality live classes ranging from yoga and pilates to strength and conditioning to total body fitness workouts.

Members of table tennis clubs including Archway Peterborough and Norwich are already feeling the benefit of the app, which can be downloaded from the App Store or Google Play.

All you need to do after downloading the app is to press the 'join LinQup' button. You will be accepted and will then be able to see various classes in the details section, or receive links via message, depending which class you choose.

Anyone in the table tennis family can join – and if you need any more convincing, check out these comments from members of Archway Peterborough:

### **Diccon Gray**

"I can't speak too highly about the LinQsport app! It has given me access to a huge variety of free, online, live fitness classes delivered by experts. These motivate me to improve not only my physical, but also my mental health (which is so important during coronavirus). Timetabled daily at different times, there is something for everyone. I can go at my own pace and conveniently in the comfort of my own home! I'm hooked!"

### **Adam Jepson**

"The LinQsport app has provided me with enjoyable high level free online workouts all during lockdown. All the workouts are throughout day so it's easy to fit into my day-to-day plans. Highly recommend to anyone."

**Ryan Jenkins (head coach at Archway and LinQsport ambassador)**

“Not only have I used the online sessions myself during lockdown, I have also forwarded on the information to players at Archway TTC in Peterborough and the Aspire Squad with England. Players are not only enjoying the great workout but also the variety involved.

“The tutors are very experienced, motivating and knowledgeable. They have been a great addition to my lockdown fitness plan. As an ambassador, I’m very keen to get more people using a great app like LinQsport.”

**Jordan Wykes (Jersey No 1, based at Archway)**

LinQsport is a fantastic app that has enabled me to improve and maintain my fitness over the lockdown period. I would highly recommend the app to anyone who’s looking to do the same!

One of the fitness trainers to have worked with LinQsport is Phil Coker of Impact Fitness Training, [as featured on our website last week](#).

He said: “It has been great working with LinQsport making it possible for individuals to access FREE fitness sessions which will help with their sport.

“We have seen an increase in table tennis players joining through the LinQsport app especially the Kids/Family session on Sundays. It helps them physically, as well as mentally, stay on top of their game.”

LinQsport was founded by three table tennis players – including Commonwealth Games 2002 team gold medallist Terry Young, senior England international Darren Blake and England Youth international Leeroy Pye, who played professionally in France into the senior ranks.

Current England No 1 and world No 15 Liam Pitchford is also one of the flagship ambassadors for the app.

[Click here to visit the LinQsport website](#)

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