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# encinitas

EAT DRINK ARTS PEOPLE PLACES **magazine**



THE MAYOR OF MOONLIGHT BEACH • DAY-TO-NIGHT AT WAVERLY



Owners Rob and Connor Darnbrough



# Smart Fit Method

## BETTER FITNESS THROUGH SCIENCE

**Let's face it.** Unless you're really *really* into it, working out is a hassle. Getting real results can take hours a day and years to really see the benefits. But what if we told you there's a way that anyone—regardless of athletic ability or body type—can pack a two-hour workout into a span of just twenty minutes?

Welcome to the Smart Fit Method—a new hybrid gym in Cardiff that's flipping the old gym standard on its head. Created by the brilliant father/son duo of Connor and Rob Darnbrough, this high tech and extremely effective theory paired with space age (literal astronaut grade stuff here) workout machines has re-invented the gym experience and the time it takes to get a proper workout. "After an aortic aneurysm, my dad was told by two cardiologists to never to walk up a hill again, and I developed an autoimmune disease from having Mersa nearly two dozen times," recalled Connor. "This inspired our passion to alternative solutions to training that allows us to gain our fitness without deteriorating our health. Thus, the Smart Fit Method was born."

Using equipment that was once only available to professional sports teams, training facilities, or high-grade medical labs and making it accessible to the general public (also known as Smart Fitters), Smart Fit has combined the most cutting edge technology in the fitness industry with a human touch. On our visit to Smart Fit, we saw a wide array of clientele from the grandma next door to a Greek God looking guy who looked like he could play for the L.A. Rams. Everyone's welcome, and everyone gets the same attention.

The machines Smart Fit has are out of this world and look like they belong on a spaceship. When we tried the machines, trust us when we say, they work—and they work you out like you've never felt before. "We really want health and fitness to enhance our members life, not to make health and fitness their life," said Connor. "Most of our members have kids, careers, and a multitude of other responsibilities. What we do is take five to seven hours of typical exercise and condense that into one hour a week (three twenty minute sessions) at our facility. Essentially, we give

our members their time back while still achieving their fitness goals. We want to give to our members a healthier and happier life in a fraction the time, so they could that they can spend that time doing more of the things they love outside of the studio."

Encinitas is a hotbed of health and wellness, and while we have over 300 days a year that are perfect for outdoor activities and exercise, spending 60 minutes per week in a place that offers better health through science is a great way to become the best you that you can be. As for us, we'll be making Smart Fit a part of our weekly routine. Just wait to summer—our entire *Encinitas Magazine* staff is going to be operating at peak performance!

**Smart Fit Method**  
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