

BEST IN CLASS

CHECK OUT THESE FIVE FITNESS HOTSPOTS FOR SPECIALISED PROGRAMMES THAT WILL SHAKE UP YOUR FITNESS REGIME.



In the world of kettlebell training, David DeVito has a big reputation. The founder of The Fitness Protocol is the first in Asia to be certified Candidate Master of Sport, and is currently the highest-ranked kettlebell athlete on the continent.

In terms of physical training, David argues that the kettlebell – a bodybuilding instrument that originated from Russia – holds significant advantages over other forms of free weights. “Unlike dumbbells and barbells, the kettlebell triggers instability, which in turn engages all 38 of your core muscles,” says the 47-year-old. “Kettlebell training is a total-body workout that burns as much as 400 calories in 20 minutes, with sustained calorie expenditure afterwards.”

Beginners at The Fitness Protocol start with light weights of around 6kg to 8kg. A firm believer of “slow and steady progress”, David helps his clients hone the correct techniques before moving them onto heavier weights and more challenging moves. “I size up an individual’s fitness level, design a series of exercises and assign a suitable weight for him. The result is a safe and sufficiently challenging workout that delivers the full benefits of the kettlebell.”

37 Lorong 18 Geylang.
Visit www.facebook.com/thefitnessprotocol for more information.



Like how some football teams (think Real Madrid and Manchester City) seek to amass the best players in the world, Evolve MMA does the same with its cadre of 51 highly talented instructors in various mixed martial art disciplines, many of them world champions.

One of Evolve’s most recent signings, Nontachai Sit O, is a four-time muay thai world champion and certified instructor. The 28-year-old adds to what is already the largest and most decorated muay thai team in the world.

“The Evolve Muay Thai Instructor Team has, among them, over 30 authentic world championship belts at the highest levels of the sport,” says Chatri Sityodtong, founder and chairman of Evolve MMA and a seasoned MMA practitioner.

“For the person whose primary focus is on building fitness and the ability to self-defend, muay thai is the natural choice,” he adds.

As you move up the ranks with this form of martial art, Evolve MMA enables you to pit your skills in Thailand – with a world champion at your corner, no less.

Two locations in Singapore.
Visit www.evolve-mma.com for more information.



One of Singapore’s biggest networks of gyms also provides a highly specialised class that helps participants shed almost 700 calories in 55 minutes. The Bodyattack, developed by international fitness programme provider Les Mills, is a “sports-inspired cardio-training programme” that aims to build the fitness and strength of participants, says Heather Tan, True Fitness Group Exercise and certified Les Mills instructor.

A new Bodyattack routine – featuring moves set to remixed pop songs – is released every three months. “The rhythm and lyrics tie into the moves and set the tone – right from the five-minute warm-up, through to three rounds of interspersed peaks and recoveries, and finally the cool down,” Heather says. “By the final peak, maximum intensity and heart rate should be reached.”

Currently, males make up about 40 per cent of participants at the Bodyattack classes at True Fitness. “The number has been steady increasing in the past three years,” she observes. For men looking to inject a bit of fun into their cardio workouts, keep this on your to-do list.

Eight locations in Singapore.
Visit www.truefitness.com.sg for more information.



Now you can ride the waves on dry land with a device called the Ripsurfer X at Surfset Fitness. “Working off rubber balls held by stability straps, the board mimics the unstable movements of a surfboard on water,” says Melissa Goh, the co-founder of the gym.

On this piece of equipment, one can perform a smorgasbord of exercises, ranging from yoga to bodyweight moves, not to mention plenty of surfing manoeuvres such as carving, duck dives and pop-ups. “By conditioning the muscles required for real surfing, the Ripsurfer X can help people master actual surfing with much greater ease,” she adds.

Surfset Fitness offers three types of classes, including a high-intensity sprint session. Besides each being a full-body workout, the classes also address muscular imbalances. The most common example – having one leg stronger than the other.

“When you do squats on the board, you have to use both legs evenly, otherwise the board will tip to one side,” she describes. “It’s a responsive tool and makes for one of the fastest ways to improve your balance.”

3rd floor, 454B Orchard Road.
Visit www.surfset.sg for more information.



Talk about a shortcut.

Instead of having to trek up a mountain to enjoy the benefits of hypoxic training (doing so at an altitude with a lower concentration of oxygen), locals can simply head to Altitude Gym in Bukit Timah.

“By using a machine capable of generating 2,000 litres of hypoxic air a minute, we can simulate the oxygen conditions at between 3,000m and 3,500m above sea level,” says co-owner Stanley Tan. “Altitude training releases a protein called HPF-1 that triggers the production of erythropoietin (EPO), which makes the oxygen-carrying and utilisation systems within our bodies more efficient,” he adds.

The gym also boasts a variety of specialised equipment such as the Johnny G Krankcycle. Currently, it’s also the only one in town with the Matrix Virtual Active Treadmill running simulator. Couple that with a team of altitude-certified trainers and you can be absolutely confident of taking your athletic performance to the next level.

11 Jalan Bingka.
Visit www.altitude.sg for more information.



■ TEXT: KYLE LEUNG ■ PHOTOS (MAIN): GETTY IMAGES & INSERTS: THE FITNESS PROTOCOL, LES MILLS COURTESY OF TRUE FITNESS, EVOLVE MMA, ALTITUDE GYM & SURFSET FITNESS