



©2015 ASIA PARKOUR



1 Parkour was developed in France using movement as a training discipline

2 It trains both the body and mind to work simultaneously

basic choreography and you have to follow a certain timing. For example, when there are turns, you have to do it as there are no options," says Cheong. "With DNA, we can push them further to give them more options to explore their inner talents."

### OVERCOME OBSTACLES

Parkour was developed in France as a training discipline using movement. Its purpose is to get from one point to

another in the fastest and most efficient way, regardless of obstacles.

Julien Vigroux, a French native and Parkour practitioner, saw the potential in introducing Asia Parkour in Bangkok, the first indoor Parkour facility in Thailand. "Asia Parkour offers authentic Parkour training and a unique, natural and holistic training method. Our classes are suitable for anyone willing to learn to live more actively and move freely," he says.

Equipped with a variety of obstacles, the gym offers a safe place to practise running, swinging, vaulting, jumping, rolling and quadrupedal movement under the watchful eye of experienced trainers.

Parkour's benefits are holistic, affecting mind, body and spirit, says Vigroux. "It offers various physical and mental benefits that can be applied to your everyday life, such as having a better understanding of your body, fear management, risk management, gaining confidence and overcoming obstacles. Both your body and mind will work simultaneously for a better symbiosis and help you to be a better version of yourself in your everyday life."

### SURF'S UP

Surfset is a gym workout created by Mike Hartwick, a former professional



1 Surfset routines offer cardio, core and balance training

2 Xtend Barre combines Pilates, dance and functional training

hockey player. Realising the physical potential of surfing, he invented the world's first total-body surf training, using a machine and a unique workout programme to simulate the demands of surfing without the water.

"Surfset is a unique workout, combining elements of aerobic fat burning, lean muscle build, balance, and core training into one fitness session, all performed on top of a custom-made unstable surfboard," says Yu Shuyi, Surfset Singapore's owner and instructor.

The workout routines are designed to engage the core and stabilise muscles, challenging the body in new ways. "Exercising on top of an unstable surfboard really forces you to train three aspects in your physical fitness – cardio, core and balance," says Yu.

"Cardio comes into play because things get sweaty very quickly on the board – basic slow movements like push ups and leg raises are exponentially more difficult and engage your body more thoroughly, making you work harder. The core is constantly hard at work on the board because of the need to constantly stabilise your body to compensate for any movements. And balance, naturally, is a critical component to keep yourself standing or sitting on the board without flailing around or falling off!"

### GET TO THE BARRE

Aspire to the fit form of a dancer with Xtend Barre, an intensive workout designed to strengthen, lengthen and sculpt your body.

"Xtend Barre is a fun ballet-inspired workout, combining the elements of Pilates, dance and functional training, choreographed to motivating music," says Beh Hwee Sze, the founder of Upside Motion, the first to introduce the barre programme in Singapore.

Traditional ballet techniques such as first position, *tendu* and *passé* are taught, but typically with props such as weights, straps and resistance bands. "The small, controlled movements that we do during class reduce pressure on your joints, tendons, ligaments and spine, while improving your core strength and posture. One can also expect an improved range of motions through improving your flexibility," says Beh.

"By coming to class two to four times weekly, you will typically notice changes in as little as one month. Changes may include an improved posture, thinner thighs, chiseled arms, a sculpted back, flat abs and a lifted seat," says Beh.

The workout can be challenging, but Beh assures that no ballet experience is required. "The beauty of our Xtend Barre classes is that everyone works with small movements, and we are able to limit or expand their range of motions to suit their specific needs." ■