

## MEN'S HEALTH URBANATHLON- TRUE FITNESS TRAINING WORKSHOP

15 January 2011

In partnership with Men's Health Magazine, True Fitness conducted a special training workshop at Suntec City to prepare participants for their upcoming Men's Health Urbanathlon race.

Participants got to experience True Fitness's signature Agility Circuit Training (A.C.T) first hand. Much like the actual Urbanathlon race obstacles, the A.C.T was especially helpful as it was designed to hone one's agility, flexibility, stamina and core strength through a series of 5 station workouts which uses equipments such as the Agility Ladder, Skipping Ropes, Hurdles, TRX® Suspension Training® and kickboxing.

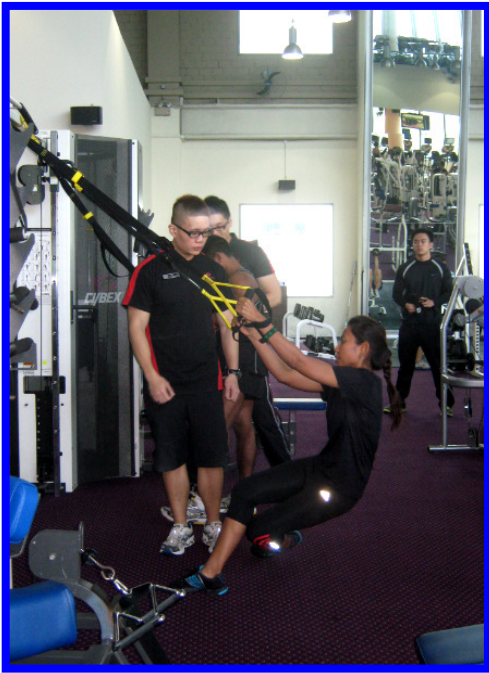


To kick start this workshop, participants were treated to an insightful talk by nutrition experts from Ocean Healthcare on the benefits of vitamins, minerals and the different supplements that can improve their performance. After soaking in valuable nutrition tips, the group was split into 2 teams and it was on to the A.C.T training!



At their very first station, the 2 teams took on the Agility Ladders. The task was to prove their nifty footwork. Accuracy and balance were key!

Next, they faced the mighty hurdles. The 2 teams had to hop over a string of hurdles without tripping over. It was a fun challenge to watch as participants tried to 'out-hop' each other in a bid to be the fastest, and not fall!



Squats and rows were the name of the game at the third station. The teams got to work out their core muscles and strength through the intense TRX® Suspension Training®. Moving on, participants got to relive their childhood competitive spirit through a series of skipping training.

At the final station, it was time to let off some steam! Participants kicked and punched their way through the last leg of the workshop in Kickboxing.





Last but not least, it was down to the Agility Ladder competition whereby the fastest competitor wins a S\$ S\$200 Davidoff Champion Fragrance Hamper. Six brave participants stepped forward to challenge each other and Mr. Axelle won the competition with his dominant display of footwork. Congratulations!

Of course, no one went home empty handed. Participants walked away with True Fitness goodie bags consisting of Ocean Healthcare Multi-vitamins and minerals, complimentary True Fitness membership passes and Davidoff Champion fragrances.

