

Kinesis Training

Kinesis combines all three components of fitness: cardiovascular, strength and flexibility, enabling you to achieve optimum results in less time. Combining traditional exercises such as chest press, lat pull or row with functional movements like reaching, squatting or bending, you will perform each movement in an integrated three-dimensional and multi-plane motion, while altering the degrees of resistance. In order to perform each movement, the entire kinetic chain (lower body, core, upper body) is utilized. You will achieve a greater focus and mindfulness, train your muscles to work in synergy and burn up to 30% more calories compared to conventional training due to the complexity of the workout.

Functional Training

Functional training involves a wide variety of exercises incorporating free weights, resistance bands and medicine balls. Proprioceptive movements will enhance your kinesthetic awareness and body control, improve your posture and aid in movement efficiency. Elements of plyometric exercise, designed to produce fast, powerful movements, will optimize the function of the nervous system and generally improve your performance. Engaging in this exercise regularly creates a balanced musculature, tight abdominal muscle and an overall toned physique.

Core Conditioning

Incorporating stability ball, Bosu Pro Balance Trainer, Gliding Pro and other innovative fitness tools, core conditioning will engage you in isometric exercise and teach you how to engage the lower deep abdominal muscles to help support the trunk in dynamic and static positions to enhance stability, balance and movement efficiency. Strong abdominal muscles will improve your posture, provide support to the spine, reduce lower back pain and prevent injuries.

Personal Training

Get the most out of your time, focus your energy and see results! Allow our experienced personal trainer to evaluate your health and current fitness level, set ambitious yet realistic goals and provide you with a customized fitness program to help you lose weight, get in fantastic shape or improve your performance in any competitive sport. Providing the knowledge, direction and motivation, our personal trainer will guide you every step of the way and challenge you to go beyond your comfort zone so that you progress faster and achieve your objective.

EMS

EMS (Electric Muscle Stimulation) is a functional workout system that delivers an intense full-body workout by sending electrical impulses to over and activating 90% of the muscles. It targets specific areas requiring only 20 minutes of workout instead of long high intensity, gentle on your joints workouts yet is able to increase muscle mass growth in just a few months. Apart from being used by elite athletes to enhance performance, the system is also used for medical professionals for physiotherapy and rehabilitation.

Vibrational Therapy

The vibration training goes well beyond toning and firming muscle, it also offers whole body massage and relaxation. Experience immediate improvements such as enhanced metabolism, increased bone mineral density, reduction of cellulite, reduction of the stress hormone - cortisol, elevation of human growth hormone, improved muscle strength, improved lymphatic flow, improved balance and overall flexibility. Having the Vibrational Therapy for 10 minutes is considered to be equivalent to 60 minutes of resistance training. It helps optimize fitness performance and improves overall regeneration and health with only 20-30 minutes per session, three times a week. When combined with diet, can help to achieve a sustained, long-term weight loss of up to 10%. You must try it for yourself to truly believe it.

30min **RM100**, 20min **RM75**, 10min **RM40** (sampler)
60min: **RM200** (Single), **RM300** (Couple)

All prices are in Ringgit Malaysia and subject to change without notice. All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.