

Fitness programmes

Chuan Spa treats wellness like a luxury. We offer expert personal training services tailored to your lifestyle, your needs and your particular situation. Every client starts with a free consultation and a fitness assessment of basic skills. Our accredited and experienced personal trainers carefully design a comprehensive array of fitness programmes to ensure a safe and effective exercise prescription and to establish the health and fitness goals you want to attain. Each programme comprises the type of exercise, level of intensity and time. Your workouts can include, or the entire session may utilize: weight training, bodybuilding, cardio or aerobic conditioning, athletic training, structural realignment, and flexibility. Here, you may download and print the appropriate sample exercise programmes for your next workout.

General Fitness

This programme includes weight training exercise and cardio-exercise, suitable for people who want to stay in shape and improve their overall fitness level. 2 sets of 12 repetitions at a reasonable weight are recommended for the weight training exercise. You can do cardio exercise, such as riding an exercise bike or working out with an elliptical machine, 1 to 2 times a week.

Muscle Building

This programme is specially designed for people who have an interest in muscle and body building. 4 to 5 sets of around 8 repetitions should be performed in the weight training exercise. Focus on the positive and negative movements of each repetition. To grow the target muscle, progressively increase your training intensity so your body gradually adjusts to sensory overload. Eventually, the same weight, pressure, endurance and muscle fatigue experience will feel less intense.

Endurance

To improve the endurance of muscles, this programme emphasizes a large number of repetitions (more than 12) per set of exercise. Correct postures and techniques should be maintained and used throughout the weight lifting workout, especially during the last few repetitions.

Slimming

This programme focuses on firming and shaping your body, especially abs and gluteus, and is suitable for people who want to lose weight or stay fit. Besides weight training exercise, this programme includes 30 minutes or longer of cardio-exercise.

Guidelines

To prevent muscle injuries or cramps, before and after workout, 5 to 10 minutes of stretching and cardio-exercise of mild intensity are recommended.

If you need any help/advice or would like to have a customized exercise programme, please contact our personal trainers.