



ANANTARA

SPA

## FITNESS MENU

### Core Strengthening

45 mins / 60 mins

1,650,000 / 2,100,000

Efficient training programme that focuses on strengthening the core and toning abdominal muscles. Benefits include increased metabolism, conditioning of the cardiovascular system, building strength and a powerful core while improving endurance and co-ordination.

### Aqua Rehabilitation

30 mins / 60 mins

1,150,000 / 2,300,000

An method for body recovery and rehabilitation due to its low impact on joints. It is also an effective training programme that uses water resistance to build strength and burn calories. Benefits include increased metabolism, improvement of mobility, reduction of local pain and facilitation of fluid movements while building strength and co-ordination.

### Full Body Workout Training

90 mins

2,800,000

#### Burn 500 Calories Per Hour

Combining full-body training with weights, this workout helps to burn a large amount of excess energy along with building muscle based on the pressure of weights to target all muscle groups throughout the body.

Relax afterwards with a 30-minute treatment of your choice.

### Couple's Workout

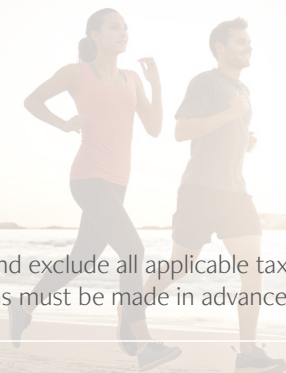
60 mins / 90 mins

2,800,000 / 3,300,000

#### Burn 500 Calories Per Hour

Work together with your partner to improve overall health and flexibility. Design your ideal workout with our fitness expert based on your needs and burn excess energy with a total body workout using weight-based muscle building techniques to target the major muscle groups throughout the body.

Finish off with a relaxing Vietnamese herbal bath together in your villa.



All prices are in Vietnam Dong and exclude all applicable tax and service charges.

Reservations must be made in advance.



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### **Two-Day Chest Workout Training**

Total 120 mins (60 mins per day)

3,300,000

Using dumbbells and machines to focus on the chest area including upper, middle and lower chest muscle groups. Auxiliary muscles such as shoulders and triceps will also benefit.

Relax afterwards with a 30-minute back treatment.

### **Three-Day Workout Training Burn 300-400 Calories Per Hour**

Total 180 mins

4,250,000

Isolation training targeting one large muscle group per day to maximise workout gains.

#### **Day 1 Chest 30 mins**

Focused weight-based exercises to target the upper, middle and lower chest muscle groups.

#### **Day 2 Back 45 mins**

Back-focused exercises using weights to focus on the muscle groups including lat and trap muscles.

#### **Day 3 Legs 45 mins**

Isolation weight training with focusing on thighs including adductor, quadricep and hamstring muscle groups along with other auxiliary muscles such as glutes and calves.

Full body relaxation treatment during the overall journey

60 mins

### **Family Strengthening**

45 mins

3,900,000

**(Up to four people: two adults and two children under 13)**

#### **Burn 700-800 Calories Per Hour**

Take part in a family fitness session of high-intensity interval training, which involves fat-burning exercises at “fast” and “vigorous” training levels to lose weight in the fastest amount of time.

This exercise provides group motivation to help burn fat and gain muscle, along with health benefits such as improving memory, increasing metabolism and reducing blood sugar.

Finish off with a 10 or 15 minute Vietnamese herbal steam.

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