

FUN WAYS TO GET FIT

Working up a sweat doesn't have to be the usual gym-enclosed or repetitive chore. **DESIREE KOH** highlights unconventional and fun ways in Singapore to break out of your sporting

These days, the sporty in Singapore don't just jog, cycle or swim laps. They scale climbing walls, race go-karts at night and complete ultra-marathons. In April, the opening of the Singapore Sports Hub – a 35ha multi-sport complex featuring a world-class arena, aquatic centre and outdoor facilities – means action fans have yet another destination to get their adrenaline fix. But if you're looking to try something new, there are plenty of alternative activities that also serve up intense cardio workouts, muscle-stretching challenges and good old exhilarating fun.

JUMP AND JIVE
Amped (right), Singapore's first indoor trampoline gym, can really get you bouncing off walls. A grid of steel frames, coiled springs and stretched nylon surfaces sprawls across a 5,000 sq ft space. And everywhere you turn, people – from families to parkour enthusiasts – are bounding about in all directions. Beyond the rush of being able to shoot up into the air with the assurance of a soft landing (and immediately going off again before you can catch your breath), trampolining is great for building leg and core strength, increasing bone density and sharpening motor skills. A NASA study has equated 10 minutes of jumping with the cardio-vascular benefits of a 30-minute run. While no lessons are required to get started, the gym can recommend a coach for those who prefer to have some instruction. amped singapore.com



PREPARE FOR TAKE OFF
Take your daredevil side to greater heights and experience the wonders of human flight at Sentosa's Flying Trapeze (right). Certified instructors, who are also trapeze artists, initiate you into the basics of knee hangs, splits, pirouettes and somersaults on a training bar at ground level first. Then take it up a notch – 8m up in the air. If you've ever wondered how professional acrobats make their breathtaking moves, you'll figure it out as you're swinging. An inner GPS, coupled with the security of a harness and safety net, will soon have you recreating a little bit of Cirque du Soleil magic. Plus, trapeze exercises are great for improving coordination, agility, strength and concentration – not to mention teamwork if you're working in tandem with another person. Another bonus: bird's-eye views of Siloso Beach while executing back-flips in mid-air. sentosa.com.sg



YOGA ON WATER
If you think Stand Up Paddling (SUP) – a cross between canoeing and surfing – is a tough workout that also tests your coordination, try adding warrior poses, sun salutations and downward dogs to the mix. The movement of the sea brings an uplifting and refreshing dimension to the ancient practice of yoga. Both rookie and advanced yogis will discover muscles they've never before used as they strive to stay afloat. Classes on the beach at East Coast Park (by SUP Yoga Singapore; left) and on Tanjong Beach in Sentosa (by SUP School) typically begin with participants hand-paddling 25m out to sea on a board. They then perform a series of asanas (yoga poses), often modified to suit sea conditions. The hour-long session concludes with participants drifting away on the most blissful savasana (a relaxing yoga pose). supyogasingapore.com supschool.com.sg

