

CEO

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V S Parthasarathy
Chief Financial Officer
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WONDER WORKOUTS

15 FITNESS ROUTINES TRENDING RIGHT NOW

Edgy-looking vibrating blades, martial arts based moves, elements from ballet and surfing, and even alphabets and animals serving as inspiration... Clearly there's nothing routine about these workouts from around the globe that are putting the fun back in fitness. Though many of these might not be available here just yet, here's a quick lowdown on each to help you zero in on which one you want to sign up for, when they do hit town

Bodyblade

Bodyblade is a rhythmic, oscillating exercise device that is used for vibration therapy and has opened a whole new chapter in training. It is compact, portable and lightweight, yet powerful. As the bow-like blade is held in various positions during exercises, it vibrates back and forth. The body is forced to use counterforce to stabilise and balance. This creates a ripple effect through the muscles which then move to compensate, thus they get exercised in the most natural way. The blade changes direction 4.5 cycles per second and this means that the body goes through 270 movements in a minute. The routine is great for balance, building tone and core stability and fits nicely into current and new exercise plans.

Animal Flow

The multi-planar, fluid movements of Animal Flow mimic those of animals and incorporate elements of capoeira, breakdancing, gymnastics, parkour and acrobatics. Equinox Fitness Club in the US and the UK has partnered with personal trainer Mike Fitch to introduce this new animal inspired, back to basics class that promises a workout like never before. Easily tailored to suit individuals, athletes and fitness enthusiasts of all levels can realise significant benefits from the program and increase stability, power, endurance and skill, while also having fun. Its versatile and playful format means that it can be incorporated into existing exercise regimens as a warm up, circuit training or skill building. The programme is also available on DVD.



Groove

Groove is a new freestyle dance class, a new way to workout by going through dance moves set to music. Founded by dancer Misty Tripoli, this type of fitness class appeals to all those who want fun and flexibility in their exercise routine. Instead of being prescriptive about the sequence of dance moves, clients are encouraged to move to the music in their own way, working up a sweat in the bargain as they are never still. Trained facilitators encourage and guide but never impose. Tripoli believes that workout routines should not force one to conform to a particular routine and allow individual expression and creativity. The fast pace music ensures a full aerobic workout and the music and beats add to the enjoyment.



Rowing

Rowing is a full body workout that targets 85 per cent of the body muscles. Indoor rowing machines are used to recreate rowing techniques much as stationary bikes are used in spinning. The intensity of the workout means that one burns calories faster, getting limber and toned, while the low impact helps avoid injuries and unnecessary wear and tear. When done right, the whole body gets exercised. Safe and with an easy learning curve, the routines can be incorporated into other training programmes. For best effect, this cardio workout is combined with stretches and lunges to stretch out the muscles in between bursts of activity. Master rowing instructor Anna Cummins has designed a 20-minute rowing routine that is a total body workout and is available on the internet.

Ugi Fit

Ugi Fit is a fitness programme centred around a Ugi ball. Two years of R&D went into the creation of the ball which has the squish of a beanbag, the bounce-back of a stress ball and the beauty of simple design. The ball has a 15-inch diameter, is lightweight and portable, and does not require any other gear to give you a great workout. The simple positions using the ball improve balance, strengthen the core and build tone. The Ugi Fit programme is designed to be a 30 minutes per day, 5 days a week workout. But the great thing is that it is very flexible — you can make it one hour per day, or 30 minutes can shrink to 15 if you skip the intervals.

