



Fighting Fit

Fighting Fit is a fitness initiative that offers a great way to exercise while offshore. Qualified exercise professionals will visit your installation and run fun and exciting Boxercise classes alongside personal training programmes, fitness testing and ThinkFit seminars. The exercise classes are based on the principles of boxing training. Combining training using focus pads, punching techniques and footwork these classes are a great way to lose weight, tone up, build muscle and get fit in a safe manner! It is a great class for anyone of any fitness level. Not only does sparring with a partner with or trainer raise your heart rate for quick bursts of time, it also works almost the entire range of muscles in the body helping to define and tone your shape quickly and effectively. These classes are an excellent way to get fit and have fun safely! Classes are offered in packages and These exercise session are complimented by additional services outlined above.

Boxercise

Boxercise is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing.

Kickboxercise

Kickboxercise classes are a high energy workout that will challenge your mind and body to reach new heights. Whatever your fitness level and experience our instructors will guide and motivate you towards attaining your ultimate fitness goals. The class starts with a rhythmic warm-up routine and then progresses into the best workout of your life. You will also get the opportunity to put on some gloves and use the punches and kicks you have learnt. The Class then winds down with some strengthening and resistance exercises including core training and abdominal work before ending with a well-deserved stretching routine.

Combat Fit

Combat Fit is a class that progresses from Boxercise and Kickboxercise. It is a fast pace fitness programme providing an exciting all over body workout . The major goal in combat fit is to improve upon your cardiovascular conditioning, your muscular strength and endurance, your flexibility as well as working on your balance, speed and agility whilst incorporating elements from the previous exercise classes to develop a tougher more demanding class!

Personal Training Plan

In addition to classes, IHS offer personnel the opportunity to have a personal training exercise plan developed specific to their fitness requirements.

Equipment

Specialist gloves and focus pads will be retained by the platform so that personnel can continue to exercise using the skills they have been taught during personal training and Boxercise sessions.

Installation Requirements

- For classes a spacious cleared room is required
- Small sessions with 2 participants can be done for platforms with little space. (ie gym/cinema/rec room clear of equipment)
- Space 9m X 9m X 3.5-4.5m (6 PEOPLE)
- Space 12m X 9m X 4.5m (10 PEOPLE)
- Space 12-15m X 12m X 4.5m (12 PEOPLE)
- Full safety Brief prior to commencement carried out by Sports Scientists
- Risk assessment carried out by Sports Scientist