

tried & tested



BY TAN JU KUANG



TRAIN LIKE A PRO

It's getting serious out there. Weekend warriors today are a far cry from the once-a-week joggers of time gone by. These days, there are more serious fitness advocates than there are carbon fibre bicycles on the roads. And that's saying something.

With this increase in awareness and demand for state-of-the-art training techniques, Fitness First Singapore has launched the Capital Tower Sports Performance Club at its Capital Tower location. The S\$1.65 million centre is designed to help people train like athletes and master the foundational movement skills that are required to play any sport.

The club provides six specialised classes that go beyond Fitness First's focus on dynamic movement training – Swim, Run, TRI (triathlon), Primal (functional fitness), Athletica (strength and conditioning) and Mobile (self-myofascial release). It will also offer The Lab, a new section offering four fitness evaluations including, for the first time, the Fit3D Proscanner, which maps a range of body measurements to a 360-degree avatar to help visualise training progress.

This will also be the first Fitness First club in Singapore to have the SYNRGY360, a highly versatile exercise frame on which a wide range of exercises can be performed to increase core strength, stability and mobility.

Capital Tower Sports Performance joins five other Fitness First clubs in the CBD to offer members access to fitness professionals, swimming pools, myriad fitness studios and over 500 group classes per week.



STAYING SHARP

Professional golfers rely on their clubs as tools of the trade. On the same token, chefs need quality knives for their culinary creations. Both understand that quality of equipment is paramount to what they can achieve. But unlike the clubs of professional golfers, where novices will find it near impossible to use, anyone with the penchant for preparing a meal can enjoy the precision of Zwilling J.A. Henckels kitchen knives.

Zwilling has spent the good part of nearly three centuries making optimum cutting tools. Since it began in 1731, they've built a reputation for under-

standing what it takes to make a good cut. And whether you're a Michelin-starred chef preparing a high-end meal, or a homemaker turning out dinner for the family, the innovation and built-quality of Zwilling knives means you never have to compromise.

Sharp, flexible, corrosion resistant and ergonomically designed, Zwilling knives push the boundaries of technology, particularly through the research and development that go into each product. From the choice of material to final quality control, the brand continues to set the standard for cutting tools around the world.

IN THE PINK

Playing golf in the tropics can be a thirsty affair. But there's no better way to hydrate than with a refreshing jolt of Perrier. Now, the worldwide leader of international sparkling waters has introduced the Pink Grapefruit



flavour to add to its ever-expanding range. Bottled at the original source in Vergeze, France, the premium beverage is a healthy, natural alternative to carbonated soft drinks or energy drinks laden

with chemicals.

The natural water comes from subterranean sources, protected from human pollution, and characterised by original purity and a unique mineral salt content that is stable over time. It is the only type of water that

boasts properties recognised by France's health authorities. The Perrier Pink Grapefruit is perfect on its own, or as an accompaniment to your favourite cocktail or aperitif.

PRECISION FIT

Adjustability is the current watchword for golf equipment, and Titleist stays in the forefront of technological advancement with the new 917 metalwoods. Launched just a few weeks ago, the new Titleist 917 drivers and fairways profess greater distance while offering golfers more adjustability than ever.

Titleist is not one to introduce new clubs just because it's time to. So when they come up with new products, you can expect that the imbedded technologies are worth noting. The most significant addition to the new Titleist 917 metalwoods is the SureFit CG, which incorporates an interchangeable weight system on the sole of the clubhead to optimise spin and launch for more consistent trajectory and tighter shot dispersion.

The cylindrical weight is positioned at an angle deep on the sole, enabling the centre of gravity (CG) to be moved from a neutral position, to a back, heel position (Draw) or forward, toe position (Fade). SureFit CG also provides the flexibility for head-weight adjustability (+/- 4g). Together with the SureFit Hosel that allows for loft and lie angle adjustments, the 917 metalwoods profess to be one of the most adjustable clubs in the market.

Titleist 917 Drivers come in two models – the 917D2, a 460cc full-pear profile clubhead for more forgiveness and dis-

tance (available in 8.5°, 9.5°, 10.5° and 12° lofts); and the 917D3, with a Tour-inspired 440cc pear profile for more workability and less spin (available in 8.5°, 9.5°, and 10.5° lofts).

The drivers (available Oct 21 at S\$736 from authorised dealers) come with stock shaft options that include the new Aldila Rogue M*AX 65 (low-mid launch), Mitsubishi Diamana Limited D+ White 70 (low launch), Mitsubishi Diamana Limited S+ Blue 60 (mid launch), and Mitsubishi Diamana Limited M+ Red 50 (high launch).



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