

1st in Singapore: Krank Cycle by Johnny G

Krank Fusion class : Wednesdays @ 7:30pm

Krank Bootcamp : Saturdays @ 10:30am

Krank Fusion:

Kranking® involves pedalling with your arms, turning two rotating handles separately or together in either a standing or seated position. Resistance can be increased to give your body a harder workout in a similar way to spinning. Kranking® targets muscles in the arms, shoulders, chest and back while the core muscles work hard to stabilise the body, giving you a workout from the waist up.

The Krank Fusion class will take place in our fitness studio with four KRANKcycles, four spin bikes and up to eight people. This dynamic workout is 45-60 minutes long and participants alternate between a KRANKcycle and a Spinning bike, achieving a calorie-blasting, conditioning workout for both the upper and lower body. Blood is shunted between the upper and lower body during the workout which means the cardiovascular benefits are increased, whilst high levels of muscle activation ensure that muscle toning and conditioning benefits are maximised. The format of the class makes the cardio system work harder and focuses on short duration, high intensity training.

Krank Bootcamp:

Krank boot camp is a class that mixes kranking, traditional calisthenic and body weight exercises with interval training and strength training. The class is designed in a way that pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp.