

Fitness goes platinum

Are you willing to foot the bill for ultimate fitness?



The cardio section at Fitness First Platinum, Select City Walk

Where is it? Located at Select City Walk mall, Saket, New Delhi, Fitness First Platinum is a sprawling two floors of state-of-the-art gym space. It touts itself as a 'premium cousin' of other Fitness First clubs. So if you have the Platinum membership, you can use FF clubs elsewhere, but not vice versa. The question everyone's asking is: Is this gym truly worth the money or is the premium just because of the high rental in Delhi's premium shopping mall?

The space At 20,000 sq feet, this place can fit in 200 people easily. All workout sections have been segregated efficiently, though people have an opinion on the layout. Gaurav Chhabria, a 24-year-old software engineer from Gurgaon, who worked out there recently says: "The gym's great but I would have preferred the treadmills placed in the weights section, which overlooks the large picture windows. There are some who watch TV when running, but I don't. I also don't need the view when working the machines."

What about the equipment? An array of treadmills, recumbent bikes and crosstrainers come with TV screens, that also allow you to listen to the radio, change your FB status or Tweet. They also have a machine called the Vario—a cross between a stepper and a crosstrainer. The weight training sections are as elaborate and are equipped with the best machines and free weights money can buy.

Is there anything extra? This is the only club where you can hip-hop your way to fitness. They also have an area for TRX, functional training and floor exercises. There is also a great lounge to chill with an Internet hub and a health bar for great protein shake mixes, coffee or healthy sandwiches.

What about the wet area? Clean, hygienic and manned around the clock, the wet area also houses a steam and sauna. The lockers are operated with magnetic cards, making it convenient to store 'excess baggage' safely.

Are the trainers any good? Very good, actually. "FF Platinum seems to have picked the best of its trainers and placed them all here," says *Men's Health* India editor, Jamal Shaikh.

Can I afford it? An annual membership costs ₹50,000 and ₹5,000 on a monthly payment basis, but there are great schemes on offer.

Verdict: It's got the facilities, the amenities and other posh factors and works well for the breadwinners who can shower and suit up for work without having to head home first. Definitely worth your while!

- RAJIV KHATI

FITNESS FIRST PLATINUM

Select City Walk, Saket, Ph: 9971585821
Email: www.fitnessfirst.net.in

KEEPING FIT WITH RAHUL DEV



1 Do shoulder presses put undue strain on the joints?

► RAJESH SHARMA, MUMBAI

They're generally safe, but back off if you think you have an upper body weakness. You can tell you're out of whack up top if you're able to press more with one arm than the other or if you can bench press more or less weight than you can row. To build shoulders safely, perform dumbbell combo raises: Grab a pair of dumbbells and let them hang at arm's length next to your waist. Let your right palm hang so it's facing your side, and turn your left palm so that it's facing forward. Without bending your elbows, raise your right arm straight out to the side and your left arm straight out in front of you until they're both parallel to the floor. Lower your arms and repeat the move, starting this time with your left palm facing your side and your right palm facing the front of your thighs. Do this exercise using a weight that allows you to complete 2 to 3 sets of 8 to 12 reps per side.

2 What gym exercises can make me run faster?

► BIJOY CHATTERJEE, KOLKATA

The key is hip strength and hip mobility. Try split squats or single-leg squats, which improve stability and explosiveness. Twice a week, complete 3 or 4 sets of 6 reps of each move. For mobility stretch your hip flexors. It will lengthen your stride. Start with your feet together, and step back with your right leg into a reverse lunge. Reach your right arm up to the ceiling and then bend your torso to the left. Repeat 5 times on both sides.

Fitness idol Rahul Dev is MH's workout advisor. Write to him at menshealth@intoday.com