

Fitness KIT FOR CREW

Written by Hughes & Co
Photos by Gym Marine

When you're short on space and time is limited, you need exercise equipment with minimal footprint and maximum results. We take a look at the gym kit that meets the specifications of superyacht crew.

MULTIFUNCTIONAL HIIT BENCH

There are few gyms that can attest to occupying just one square metre of space, so Gym Marine would always recommend products that do the most in as small an area as possible. A HIIT bench comprises an adjustable bench, six pairs of dumbbells, two kettlebells and a slam ball, as well as space within for storage of a mat and resistance bands. This product offers all you need for a full-body workout.

VLUV VEEL GYM BALL

With the look of aged leather, this ball can be easily camouflaged in the yacht's saloon! It's actually made from a coated polyester fabric that makes it hardwearing and it's available in a huge variety of colours.

PARAGON YOGA ROLLER, BLOCK AND MAT

Made from cork, these beautifully designed accessories tick the box for sustainability and style. Lightweight, non-slip, simple to store and easy on the eye, they're ideal for yoga, Pilates, and stretching.

Those of you aboard the larger superyachts might have been treated to your very own fully-equipped crew gyms, but for those working on yachts at the smaller end of the sector, options for onboard exercise can be limited.

“Whether it's a lightweight or collapsible piece of equipment that can be easily taken in and out of the transom locker, or simply a streamlined set of resistance bands, ropes and yoga mat, we pride ourselves on finding a solution for all scenarios,” says Ed Thomas, Managing Partner of Gym Marine Yachts & Interiors. We asked Ed for his top tips on space-saving solutions for superyacht crew who want to keep in shape.





NORDICTRACK RW600

This rower rockets to the top of the list with its vertical folding function. Making storage simple when space is at a premium, it offers a stable platform for cardio and endurance training. Track your progress with the help of the 10” touchscreen display and iFit technology, featuring on-demand work outs real-time Automatic Trainer Control – allowing their expert trainers to adjust your rower’s digital resistance remotely.

BOWFLEX ADJUSTABLE DUMBBELLS AND KETTLEBELL

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FOLDING GYM BENCH

Constructed from marine-grade stainless steel, these folding weight benches are both practical and hardwearing. The bench folds flat when not in use and can be customised with boat logos.

WHY NOT PUT THESE TO THE TEST?

We tasked Tom Jones from Saltlick Fitness to devise a 15-minute workout using the equipment.

"If you've worked on superyachts, you'll understand the importance of time management. Here is a workout that'll get you training all the major muscle groups, even if you've only got 15 minutes to spare!" says Tom. **I**

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5-minute row to warm up

Incline mountain climbers - 30 seconds work, 30 seconds rest - x2 rounds

Kettlebell swings - 30 seconds work, 30 seconds rest - x2 rounds

Slam ball overhead slams - 30 seconds work, 30 seconds rest - x2 rounds

Resistance band upright row - 30 seconds work, 30 seconds rest - x2 rounds

Dumbbell goblet squat - 30 seconds work, 30 seconds rest - x2 rounds