

# Fitness KIT FOR CREW

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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.



