

STAY
ACTIVE

VITALITY

Vitality is the Swissôtel programme to help you invigorate your body & mind at your own time and in your chosen comfort zone when you are staying with us.



AERO STEP

BASED ON YOUR STRENGTH AND EXPERIENCE,
THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED.
REPETITIONS AND SETS OF EACH EXERCISE: **15-30 REPS, 2-3 SETS**



STRENGTH

ABS



ARMS



BACK



UPPER LEG



CORE



The exercises and the products provided by the hotel are for use solely at your own risk. The hotel Swissôtel Management LLC and their respective affiliates, and each of the foregoing entities' directors, officers, employees representatives and agents accept no liability for any damages, loss or injuries arising from conducting these exercises and using the equipment. You should consult your doctor before you begin any fitness or movement program.



SWISS BALL



BASED ON YOUR STRENGTH AND EXPERIENCE,
THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED.
REPETITIONS AND SETS OF EACH EXERCISE: **15-30 REPS, 2-3 SETS**

BALANCE

GLUTES / HAMSTRINGS



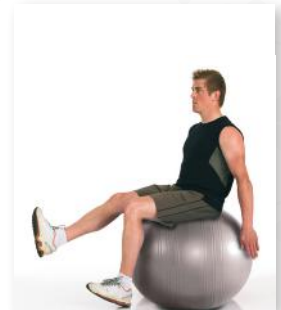
SHOULDER / ARMS



BACK



ABS



CORE



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SPORTS MAT



BASED ON YOUR STRENGTH AND EXPERIENCE,
THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED.
REPETITIONS AND SETS OF EACH EXERCISE: **15-30 REPS, 2-3 SETS**

AGILITY

ABS



LEG STRETCHES



GLUTES / HAMSTRINGS



LEGS



CORE



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PILATES RING



BASED ON YOUR STRENGTH AND EXPERIENCE,
THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED.
REPETITIONS AND SETS OF EACH EXERCISE: **12-16 REPS, 2-3 SETS**

FLEXIBILITY

BACK



CORE



STRETCH / RELAXATION



UPPER CORE



ROTATION / MOBILISATION



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THERA-BAND



BASED ON YOUR STRENGTH AND EXPERIENCE,
THE NUMBER OF SETS AND REPETITIONS CAN BE ADJUSTED.
REPETITIONS AND SETS OF EACH EXERCISE: **15-20 REPS, 2-3 SETS**

COORDINATE

SHOULDERS



BACK & POSTERIOR SHOULDER



CHEST



LEG

