

# Gyms offer customised help for NSmen to ace new IPPT

2 chains to launch fitness packages next month to meet demand

By JERMYN CHOW  
DEFENCE CORRESPONDENT

WITH the new military fitness test being launched next month, NSmen are not only training on their own to get better scores, but they are also turning to fitness specialists and private gyms to get in shape.

The keen interest to train for the Individual Physical Proficiency Test (IPPT) has even prompted at least two commercial gyms to launch fitness programmes tailored to the NSmen's needs.

Fitness First will launch an IPPT package across its 16 outlets islandwide that will help servicemen improve on their weaker IPPT components through customised workouts.

The IPPT package includes a year-long membership and five training sessions that will be supervised by a personal trainer who will also monitor the individual's progress in tests to be held every three months.

From April 1, the True Group, which has 11 gyms and yoga centres here, will run a three-month training programme that will put those who sign up through 12 hours of physical training with a fitness instructor.

The customised workouts will include treadmill runs, agility exercises and group exercise classes for those in their 30s who want to raise their fitness levels, according to its marketing manager Lynette Manimaren-Woo.

These IPPT-related packages at the two gym chains will launch next month and cost at least \$348, not including monthly gym membership fees.

The new, simplified IPPT will comprise sit-ups, push-ups and a

2.4km run. It replaces the former five-station test, which also featured chin-ups, a 4x10m shuttle run and standing broad jump – all three of which have been scrapped.

Last year, the Singapore Armed Forces began making IPPT training less of a chore for NSmen, many of whom have to juggle family and work commitments.

In a trial that started last September, citizen soldiers can work out in more convenient locations downtown and in residential are-

## TARGETED TRAINING

Everyone knows how to do a sit-up, a push-up and run. But they don't set any goals for themselves. With a trainer, we play to their strengths and improve on their weak areas.

– Fitness First's fitness training manager Yusuf Kay

as, instead of just army camps.

Fitness First managing director Anthony Tottman said today's professionals and executives want to work out "at their convenience".

"We are not only making it easier for them to find the time and place to work out, but also making sure they know what and how to train to excel in the test," said Mr Tottman.

The gym's fitness training manager Yusuf Kay said: "Everyone knows how to do a sit-up, a push-up and run. But they don't set any goals for themselves. With a trainer, we play to their



Fitness First is one of the commercial gyms that will launch special IPPT-related packages to help NSmen improve on their scores through customised workouts. The revised fitness test starts next month. PHOTO: COURTESY OF FITNESS FIRST

strengths and improve on their weak areas."

Personal trainer Edmund Tan, who runs the Physical Abuse and DeFITnation gyms, said he has seen more requests for IPPT-specific workouts and is considering IPPT packages. "Passing the

IPPT is one thing. Achieving a gold or silver and passing are quite different. It's not just exercising normally... You must target the muscle group to get a gold. Those are the things we can do for the client."

Bank officer Alex Chong, 31,

who will be taking his IPPT in September, said he plans to sign up for the IPPT package to try to hit gold. "Since the test is much easier, I'm hoping to get the right advice to do the right type of exercises in order to do well."

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# Sylvia Lim declines to comment on PAP fliers

By CHONG ZILIANG

THE Workers' Party (WP) has already answered the questions about its town council's accounts in Parliament, and will continue to engage residents over the issue, said Ms Sylvia Lim, who is chairman of the party and the town council, yesterday.

She declined to comment on the latest move by People's Action Party (PAP) activists, who had given fliers to residents of Aljunied GRC questioning some of the town council's actions.

Responding to reporters' questions at her Meet-the-People Session last night, she said: "I won't be commenting on the contents of the fliers."

The two-page fliers, in English and Chinese, urge Aljunied GRC residents to ask WP MPs about the management and financial health of Aljunied-Hougang-Punggol East Town Council (AHPETC).

The Auditor-General's Office (AGO) had found governance and compliance lapses at AHPETC and its findings were endorsed by Parliament – including the nine WP MPs – last month.

Among the findings were that the town council did not properly manage conflicts of interest in dealings with its managing agent, FM Solution & Services. The company's owners are WP supporters who also hold senior positions in the town council.

Ministers had called on WP to act against the firm, saying it had overcharged. The fliers highlight this and other AGO findings. PAP activists had gone door to door to hand the fliers to Bedok Reservoir and Paya Lebar residents, and plan to reach all 55,000 HDB units under AHPETC by this week.

Ms Lim said the WP's focus is to get AHPETC's 2013 accounts, which are late, audited and submitted to the National Development Ministry by June 30.

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SPEAKERS	DETAILS
<ol style="list-style-type: none"> <li><b>Dr Eva Yi-Yuan YUEH</b> IDEAS Institute, Institute for Information Industry, Taiwan</li> <li><b>Mr Sin Aik TAN</b> KUKA Robot Automation Sdn Bhd, Malaysia</li> <li><b>Prof I-Ming CHEN</b> School of Mechanical and Aerospace Engineering, Nanyang Technological University, Singapore</li> <li><b>Mr Yook Ming LAM</b> Robotics &amp; Automation Centre, Nanyang Polytechnic, Singapore</li> </ol>	<p><b>Date</b> : 6th April 2015, Monday</p> <p><b>Time</b> : 9.00am - 5.00pm</p> <p><b>Venue</b> : <b>Devan Nair Institute for Employment and Employability</b> Halls 1 and 2, Level 1, 80 Jurong East Street 21, Singapore 609607</p> <p><b>Guest-of-Honour</b> : <b>Mr Chan Chun Sing</b> Minister for Social and Family Development, 2nd Minister for Defence and NTUC Deputy Secretary-General</p> <p><b>Registration</b> : <a href="https://etms.sg/e21/raas">https://etms.sg/e21/raas</a></p>

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