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City Policemen Switch to a New Fitness Regime

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Summary: A fitness regime for the Bengaluru police, designed by Urban Fitness, kickstarted recently. The Urban fitness expects to take these boot camps across all the police stations in the city. This 10-week functional fitness programme concentrates on increasing their energy levels and making their routine work more easier and comfortable. Though the police are selected based on how fit they are, there are no regular programmes to keep them on course. He believes there is a need to institutionalise the fitness programme on a regular basis.

A fitness regime for the Bengaluru police, designed by Urban Fitness, kickstarted recently. This 10-week functional fitness programme concentrates on increasing their energy levels and making their routine work more easier and comfortable. The scientifically designed programme was initiated at XLR8 Indoor Sports Arena with the full support of Additional CP Pratap Reddy and DCP North-East Vikas Kumar Vikas. The first batch of this programme had 15 policemen from the Kothanur police station in the north division. A former athlete himself, DCP Vikas Kumar Vikas said at the programme, "It's not just about the police. Fitness is important for everybody.

They have to be available not just six days a week but all seven days. If they are fit, they will be mentally alert and relaxed - which is what is expected." Along with this programme for police in a simulated environment, Urban Fitness also has similar programmes for common people. Functional fitness helps a person to do basic tasks with ease and comfort. For example, it increases the stamina of a person.

This training is based on a person's ability to do different tasks, like lifting weights. Ravish Dhamija, Urban Fitness founder, says that this short duration programme has a great impact. Though the police are selected based on how fit they are, there are no regular programmes to keep them on course. He believes there is a need to institutionalise the fitness programme on a regular basis. "The workout includes several free-hand exercises and combination of squads, push forwards and many more. The only equipment that is used in the training is a 5 foot PVC bar which weighs less than 100 grams. There are no weights used in the training," Dhamija added. The Urban fitness expects to take these boot camps across all the police stations in the city.