



SIX SENSES SPA
KAPLANKAYA

ALI MAOSAI INVENTOR OF "ASYMMETRIC TRAINING SYSTEM"

Asymmetric Performance, 60 minutes

Ali Maosai started with the belief that training would be effective when done asymmetrically rather than systematically and found Maosai Performance. In this system, what is essential is not the power of the machines, but the realization of the strength of the limits in one's own body with a correct guide. Goal-oriented work apart from all the training concepts you know and different from the standard sports activities offered so far, to create a training specially designed for you and your needs.

Fitness Coaching, 90 minutes

With the exclusive Optimum Performance Training (OPT) Model®; a systematic approach to developing personalized and unique training plans to see predictable outcomes for every guest. Progressing guests through the five phases of training to improve their stabilization, strength, and power.

Medical Exercise, 70 minutes

Function better with less pain! With the knowledge and skills to develop safe and effective exercise programs for guests for clients with musculoskeletal, cardiovascular, metabolic, and neurological disorders especially. As a bridge, the gap between healthcare and fitness the effectiveness of these fitness programs is based on functional outcome and the goal is to make medical exercise training the next logical step for guests after discharge from physical therapy, chiropractic care, and medical care.

Athletic Coaching, 60 minutes

Athletic coaching developing and applying special training methods suitable for your biomechanism will enable you to improve your abilities in any athletic branch you do.

About the Practitioner

Inventor of "asymmetric training system" with 60,000+ hours of fitness, health, and wellness experience. Helping guests achieve fitness goals through customized exercise programs. As a national athlete in rowing and classical bodybuilding with 6,000 hours of diving experience, Ali is an AFAA Certified Personal Trainer and Peak Pilates Trainer. Passionate about competitive Airsoft gameplay.

Specialist in:

- Personal Trainer
- Gravity Coach
- Kinesis Coach
- Pilates Coach
- Athletic Performance Coach
- Bosu Coach
- Teenager Exercise and Older adult specialist



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