

HANNES WALLIN

Exercise Physiology Lab

VO2max Test, 45 minutes

A VO2 max test is a maximal exercise test performed on a treadmill or bike while connected to a COSMED machine capable of analysing your expired air. The test provides data of your ability to consume oxygen while exercise. The higher the VO2max the better Aerobic Fitness level you have.

Body Composition Test, 35minutes

Is an accurate system of measurement used by professional sports organizations worldwide to determine body composition After a five-minute test, an exercise physiologist reviews and explains the results and recommends a personalized program.

Baseline Fitness Assessment, 60 minutes

Our personal trainer assesses your current fitness level and design a workout plan to help you achieve your goals.

Tabata Training, 45 minutes

Designed to afford an efficient workout with maximum benefits in a short amount of time. Tabata training provides a full body workout, building strength and improving cardio conditioning. Tabata Training method is four-minute workout consisting of eight rounds of 20 seconds of work at maximum effort, followed by ten seconds of rest.

Functional Training, 60 minutes

This session focuses on four principles of functional training that are: Locomotion, Level changes, Push & Pull and Rotation. This session can improve your movement patterns, efficiency, and posture as you move through everyday life or if you want to enhance your sport performance.

Cross Fit, 60 minutes

CrossFit is constantly varied functional movement performed at high intensity. The constant variation provides a different stimulus for the body each session, which results in a constant increase in fitness levels. These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing.

Water Exercise, 60 minutes

Water exercise is a low-impact activity that takes the pressure off your bones, joints, and muscles. Water also offers natural resistance, which can help strengthen your muscles. Water exercise can also have several health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength.

About the Practitioner

Hannes has a wealth of experience in fitness testing such as COSMED Vo2max test and functional movement screening. Hannes has worked in luxury resorts all over the world with a wide variety of populations through many different fitness domains including endurance training, strength and conditioning, weight loss, injury prevention and health coaching. Hannes has been involved in many sports throughout his youth including competitive tennis, football (European) and, he has a great passion for winter sports and water sports such as downhill and cross-country skiing, scuba diving, kayaking and SUP. Coming from Finland where he completed Bachelor's in Sport and Leisure Management and earned qualifications for Sport Performance Training, Coaching, Fitness Testing, Health Consultation and Outdoor Adventure Tourism. Hannes is a CrossFit Level 1 Trainer.



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