V38 Fitness – A New Approach to Exercising in the Heart of Bangkok

“Step out of your normal routine and dedicate yourself to a month or more of living and breathing the ultimate fitness challenge!”

BANGKOK, THAILAND: Designed and run by Tim Acton and his wife/business partner Kanchana (Tuk) Pleanjun, V38 Fitness brings a completely new way of exercising to Bangkok. Starting from August 2016 athletes can benefit from V38 Fitness’ innovative approach and take their performance to new levels.

This summer V38 Fitness will change the fitness scene in Bangkok. This advanced new gym promises to do away with a common problem athletes face: paying high membership fees for gyms but seeing no satisfactory improvement in their performance. V38 Fitness combines a passionate team, scientifically backed training techniques and Olympic-quality facilities and equipment to ensure all athletes can break through the walls they have hit at other gyms.

“We wanted to create a place that encourages athletes to challenge themselves, not only by providing solid equipment and great service, but also by forming a community that fosters a spirit of support and the desire for continuous improvement,” Tim and his partner Tuk, the founders and owners of V38 Fitness, explain their concept.

V38 Fitness’ signature resources are an Endless Pool counter current system, that creates the fastest current available in swimming machines, and an ATS (Altitude Training Systems) altitude simulation chamber, mimicking training conditions at up to 4000 meters. It replicates the experience of hiking or mountain biking at high altitudes. This makes it the ideal place to work out for modern city-dwelling athletes wanting to seriously push their limits and improve performance, but lacking the time for a trip to distant mountains for high altitude training.

To celebrate its grand opening V38 Fitness has invited renowned Muay Thai fighters and the internationally acclaimed Ginge Fullen, a former British Navy clearance diver. He holds two Guinness World Records for being the fastest man to climb all of Europe and Africa’s highest peaks. For the opening he will take on an unprecedented challenge and attempt to set a new world record at V38 Fitness. It includes deep-see diving in Pattaya assisted by the PADI five-star Mermaids Dive Center, Pattaya’s leading diving institution, followed by a simulation of his highest ascent in V38’s unique altitude chamber just one week later. This is very difficult to accomplish, as going from the high pressure at the bottom of the sea to low pressure and reduced oxygen levels during the simulated climb puts the body under extreme stress. Acquired during his long years of training at high elevation, Mr. Fullen’s ability to overcome this challenge will highlight the many health and fitness benefits unique to high-altitude training in a compelling way.

“From my own experience of climbing the highest mountains in 170 countries, I can say that training at a high altitude is beneficial to everybody, whether it is an experienced athlete or somebody wanting to regain their strength after a period of illness. V38’s facilities, and especially the altitude simulation chamber, are the ideal place to train for athletes at any level and those aiming to climb mountains over altitudes available in their vicinity,” says Fullen.

Get in touch with the team at V38 Fitness now to learn more about this innovative approach and how you can become part of this new, exciting community and start improving your fitness in a healthy, efficient way. Contact the team at V38 Fitness at +66 92 260 4270 or email for more information or to make an appointment.

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About V38 Fitness
As part of RENT V38, V38 Fitness is a unique place to exercise in Bangkok. It is a gym meant for discerning athletes, wanting to take their fitness to the next level with the help of highly specialized facilities. These include an ATS altitude simulation chamber where training conditions at an elevation of up to 4000m can be replicated, an Endless Pools counter-current system that creates a challenge even for experienced swimmers with a top current speed of 51 seconds per 100 yards and Olympic-quality exercising machines. The knowledgeable personal trainers and the wide range of courses they offer ensure that athletes experience a noticeable improvement in their performance in a relatively short time. V38 Fitness is open to both external members and RENT V38 tenants, who have full access to the facilities and receive discounts for courses and personal training sessions.

About RENT V38
RENT V38 offers 38 stylish apartments in the vibrant area of Chatuchak. Easily accessible by public transport and close to everything necessary for a modern lifestyle, co-founder and co-owner Kanchana (Tuk) Pleanjun designed these rooms to make life easier through personalized, detail-oriented service and outstanding facilities. Built in 2015, the modern rooms are set in a relaxing, comfortable atmosphere. Common areas complete with beanbags, hammocks, an outdoor sitting area and a rooftop terrace encourage tenants to get to know each other and form a true community. RENT V38 is also home to V38 Fitness, one of Bangkok’s most innovative gyms, thereby completing the holistic living experience it offers its tenants.

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