

GLÖRIA
SPORTS ARENA



Olympic
Training Center

WHERE **CHAMPIONS TRAIN**

VICTORY STARTS HERE!



Gloria Sports Arena (GSA) is a modern sports complex with indoor, outdoor and aquatic sports facilities.

Built on 105.000 m2 (10.5 hectares), it is the largest sports arena in Turkey and has international-standard sports training facilities with cutting-edge equipment for over 50 disciplines.

Gloria Sports Arena, situated in Belek-Antalya-Turkey, is 30 minutes away from Antalya International Airport and is connected with Gloria Hotels & Resorts (Gloria Golf Resort, Gloria Verde Resort and Gloria Serenity Resort) which are in only 5 km distance (Free shuttle available).

GSA offers professional services for individual athletes, teams and groups, such as:

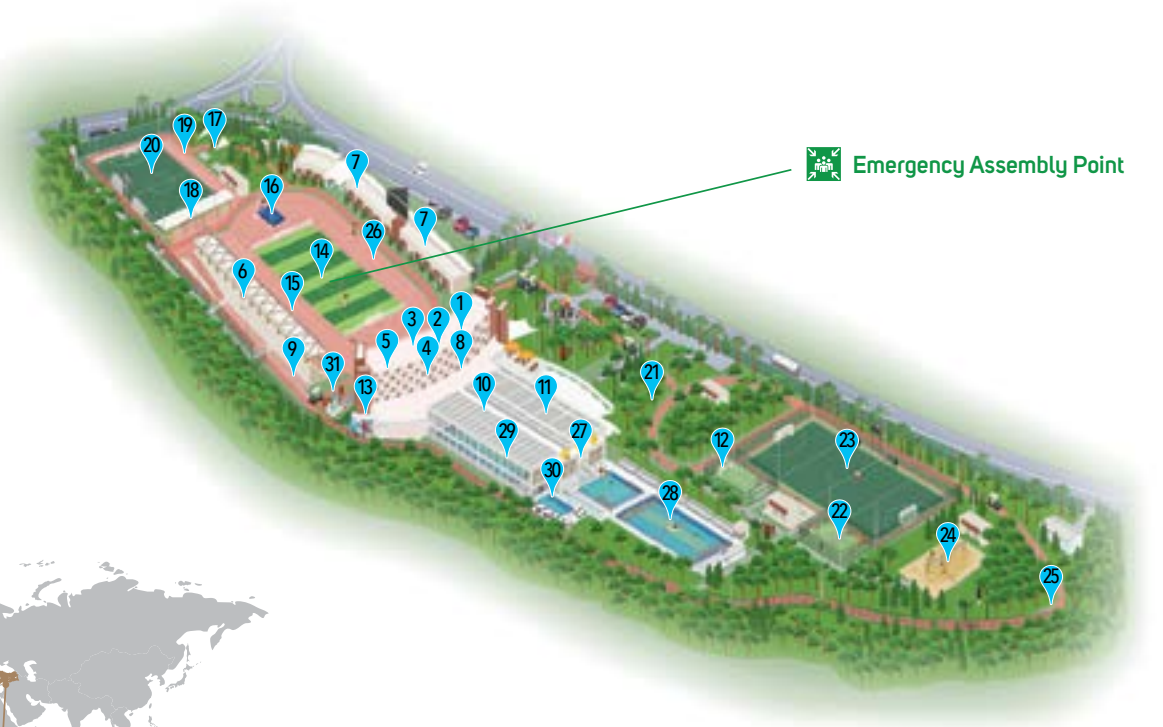
- > National Teams, Clubs
- > Sports Groups
- > Professional, Amateur & Recreational Athletes
- > All Season Training Camps & Summer Schools
- > Tournaments
- > Events, Congresses, Conventions and Conferences





—●— Connection flight via Istanbul
—●— Possible direct flight options to Antalya

GERMANY Berlin 3 hours 26 minutes Hamburg 3 hours 10 minutes	UNITED KINGDOM London 4 hours 10 minutes Manchester 4 hours 30 minutes	FINLAND Helsinki 3 hours 44 minutes	SWITZERLAND Zurich 3 hours 30 minutes Bern 3 hours 24 minutes	NORWAY Oslo 3 hours 42 minutes Bergen 4 hours	SAUDI ARABIA Riyadh 3 hours 29 minutes
AUSTRIA Vigana 2 hours 47 minutes Graz 2 hours 45 minutes	ALGERIA Algeria 4 hours	FRANCE Paris 3 hours 36 minutes Marsilga 5 hours 50 minutes	TRAIN Doha 3 hours 54 minutes	RUSSIA Moscow 3 hours 23 minutes Saint Petersburg 3 hours 55 minutes	TUNISIA Tunisia 2 hours 47 minutes
AZERBAIJAN Baku 2 hours 46 minutes	CZECH REPUBLIC Prague 3 hours 6 minutes	CROATIA Zagreb 2 hours 4 minutes	KAZAKHISTAN Astana 5 hours 15 minutes Almaty 5 hours 45 minutes	SERBIA Belgrade 1 hour 50 minutes	UKRAINE Kyiv 2 hours 30 minutes Kharkov 2 hours 32 minutes
BAHRAIN Manama 3 hours 41 minutes	DENMARK Copenhagen 3 hours 6 minutes Aarhus 3 hours 18 minutes	IRAQ Baghdad 2 hours 18 minutes	KUWAIT Kuwait 3 hours	SLOVENIA Ljubljana 2 hours 13 minutes	OMAN Muscat 4 hours 43 minutes
BELARUS Minsk 3 hours 2 minutes	ESTONIA Tallinn 3 hours 53 minutes	IRANIAN Tehran 2 hours 55 minutes	LATVIA Riga 3 hours 32 minutes	SLOVAKIA Bratislava 2 hours 10 minutes	
UNITED ARAB EMIRATES Abu Dhabi 4 hours 18 minutes Dubai 3 hours 48 minutes	MOROCCO Rabat 4 hours 36 minutes	SWEDEN Zurich 3 hours 30 minutes Gothenburg 3 hours 24 minutes	LITHUANIA 6 Vilnius 2 hours 53 minutes		



Outlets & Facilities

1. Meeting, Press, Seminar Rooms
2. Guest Relations
3. Lobby Bar
4. Hotel Rooms
5. Elly's Main Restaurant
6. Stadium Tribunes
7. Shops
8. Main Gym
9. Indoor Running Track
10. Indoor Cycling, Multipurpose Studios
11. Sports Hall

Outdoor Sports

12. Multipurpose Playground
13. Climbing Wall
14. Stadium Field
15. Long Jump, Triple Jump Track
16. High Jump, Pole Vault Area
17. Shot Put Area
18. Track & Field Throwing Area
19. Warm-Up Area
20. Training Field
21. Multipurpose Green Area
22. Tennis Court
23. Hockey Field

Aquatic Sports

24. Beach Volleyball
25. Natural Running Trail
26. Running Track
27. Short Course, Diving, Waterpolo Pool
28. Olympic Pool
29. Indoor Pool
30. Rehabilitation Pool
31. Cave Sauna, Kneipp Pool

With its international standards and superior quality, Gloria Sports Arena is the 27th facility worldwide to be included among the **Collaborating Centres of Sports Medicine** by the International Federation of Sports Medicine (**FIMS**)

We are proud to be a known ambassador for international sports medicine

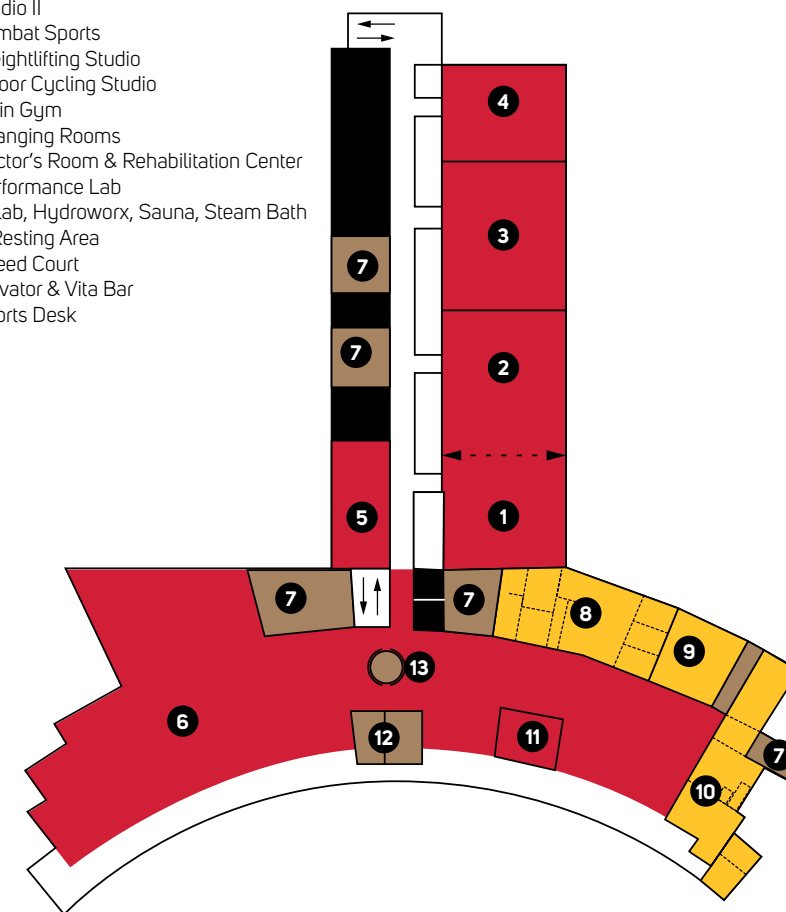


**COLLABORATING CENTER
OF SPORTS MEDICINE**



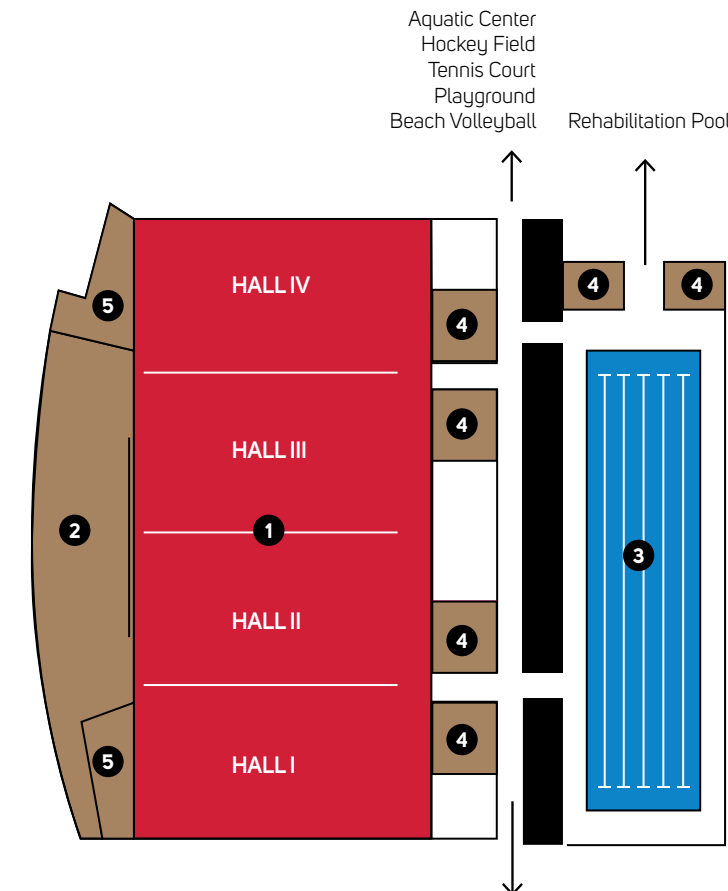
1st FLOOR

1. Studio I
2. Studio II
3. Combat Sports
4. Weightlifting Studio
5. Indoor Cycling Studio
6. Main Gym
7. Changing Rooms
8. Doctor's Room & Rehabilitation Center
9. Performance Lab
10. Icelab, Hydroworx, Sauna, Steam Bath & Resting Area
11. Speed Court
12. Elevator & Vita Bar
13. Sports Desk



GROUND FLOOR

1. Sports Halls, I, II, III, IV
2. Foyer
Main Entrance
Lobby Entrance
3. Indoor Swimming Pool
4. Changing Room
5. Restrooms



FLOOR PLAN



CLIMATE

Shining sun and fresh air on the Gloria Sports Arena.

The typical Mediterranean climate of the Antalya region stands out due to its warm summers and mild winters. While summer temperatures can rise to 36°C, winter is blessed with temperatures up to 20°C, thus making Antalya one of the few destinations in Turkey suitable for sports training throughout the year.

ANTALYA	January	February	March	April	May	June	July	August	September	October	November	December
Average Temp. (°C)	9.6	9.9	12.2	15.8	20.3	25.3	28.3	27.8	24.3	19.5	14.2	10.8
Average Highest Temp. (°C)	15	15.3	17.9	21.4	25.9	31.3	34.4	34.3	31.3	26.9	20.8	16.3
Average Lowest Temp. (°C)	5.6	5.7	7.4	10.6	14.5	19	22.1	21.8	18.6	14.5	9.8	6.8
Average Insolation (Hour)	5.3	6.1	6.9	8	9.9	11.6	12	11.6	10	8.1	6.3	4.9
Average Rainy Days	12.4	10.4	9	7.3	5.4	2.9	1.5	1.5	2	5.6	7.8	11.5
Highest Temp. (°C)	22	23.4	28.2	33.2	37.6	44.8	45	43.3	41.2	37.7	33	25.4
Lowest Temp. (°C)	-2.0	-4.0	-1.6	1.4	6.7	11.1	14.8	15.3	10.6	4.9	0.8	-1.9
Average Sea Water Temp. (°C)	17	17	18	18	19	24	27	29	27	26	22	19



OUTDOOR
SPORTS

Olympic Sports

- TRACK & FIELD
 - › Jumping
 - » Pole vault
 - » Long jump
 - » Triple jump
 - » High jump
 - › Throwing
 - » Javelin
 - » Hammer
 - » Throw discus
 - » Shot put
 - › Combined Disciplines
 - › Running
- CYCLING
 - › Mountain bike
 - › Road bike
- FIELD HOCKEY
- FOOTBALL
- GOLF
- CANOE
 - › Still Water Canoe
- MODERN PENTATHLON
- ARCHERY
- RUGBY
 - › Rugby 7
- CLIMBING
 - › Sports Climbing
- TENNIS
- TRIATHLON
- BEACH VOLLEYBALL

Other Sports

- FOOTBALL
- RUGBY
- SLACKLINING
- CLIMBING
 - › Bouldering
- ULTIMATE FRISBEE

INDOOR
SPORTS

Olympic Sports

- BADMINTON
- BASKETBALL
- BOXING
- DANCE
 - › Break Dance
- FENCING
- WEIGHTLIFTING
- HANDBALL
- WRESTLING
- JUDO
- GYMNASTICS
 - › Rhythmic Gymnastics
- TABLE TENNIS
- TAEKWONDO
- TRAMPOLINE
- VOLLEYBALL

Other Sports

- DANCE
 - › Latin Dances
 - › Ballroom Dances
- FUTSAL
- MARTIAL ARTS
 - › Aikido
 - › Jiu-jitsu
 - › Karate
 - › Kickboxing
 - › K1
 - › Muay Thai
 - › and others...
- GROUP CLASSES
 - › Indoor cycling
 - › Cross-training
 - › Suspension training
- POWERLIFTING

AQUATIC
SPORTS

Olympic Sports

- ARTISTIC SWIMMING
- JUMPING
- WATER BALL
- SWIMMING
- MARATHON SWIMMING

Other Sports

- UNDERWATER RUGBY
- UNDERWATER HOCKEY
- SCUBA DIVING (POOL)



OUTDOOR SPORTS

The 35 000 m² outdoor facilities include a stadium for 1700 spectators and various sports fields.





IAAF approved athletic fields and equipment for all track & field events with competition timing system.

Antrenman Alanları

- Track & Field areas are certified as Class 2 by IAAF
- 8-lane 400 meter oval track with an IAAF certified surface
- 4-lane 110 meter indoor running track with 10 meters split times measurement system
- 1,7 km natural running trail surrounding the premises
- 3 outdoor pits for long and triple jump
- 1 indoor pit for long and triple jump
- 2 hammer and discus cages
- 8 shot put areas
- 3 javelin throw runways
- 2 high jump and 2 pole vaulting mats
- 1,5 & 2,5 degrees incline running track
- 20 and 60 cm high tartan covered training stairs
- 2000m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls, etc.)
- Studios for Mat and Group training

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Track & Field Specific Equipment

- Javelin, discus, shot put and hammer sets
- 100 height & counterweight adjustable hurdles
- Speed sacs
- Training equipment (cones, slalom sets, hurdles, agility ladders, etc.)
- Vertimax vertical jump and speed training device
- Photo finish system with wind speed detection
- Portable time measurement system

Track & Field Specific Tests and Training Opportunities

- 30 m sprint analysis with OPTOJUMP system to analyze various phases
- 2D & 3D Motion analyses for jumping and throwing techniques
- Aerobic capacity (Lactate & VO₂max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Body Composition with gold standard BODPOD



OUTDOOR SPORTS FIELD HOCKEY

One artificial turf hockey pitch in FIH standards.
(Polytan Megaturf Coolplus / used in London 2012 and Rio de Janeiro 2016 Olympic games)



Venue of the FIH World
League Round 1 Tournament /
September 2016



Training Center for the Olympic
Bronze Medalists in RIO 2016
– the German National Hockey
Teams Men & Women

Training Areas

- 91.40 x 55 m synthetic turf hockey field with Polytan megaturf coolplus
- 2000 m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track

Field Hockey Specific Tests and Training Opportunities

- Aerobic capacity (Lactate & VO₂max tests) – HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- 2D & 3D motion analyses with video analyses systems
- Agility tests and trainings with SPEEDCOURT
- Anaerobic power test with MONARK ergometer
- HYDROWORX for post injury training and conditioning
- Vertimax vertical jump and speed training device
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Footscan test for foot pathologies
- Anthropometric tests
- Field Hockey specific test protocols for all age group





Two football fields: One stadium field with a spectator's capacity of 1.700 people and one training field. Two more football training fields are also available at the Gloria Football Center, 5 minutes away from Gloria Sports Arena with free shuttle service. Football fields are built according to FIFA standards.

Training Areas

- 105 x 65 m stadium field with a spectator's capacity of 1.700 people
- 100 x 65 m training field
- 2000 m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track

Soccer Specific Equipment

- Training goals, mini goals
- Free kick sets
- Training equipment (cones, slalom sets, hurdles, agility ladders, sprint sleds etc.)
- Vertimax vertical jump and speed training device

Soccer Specific Tests and Training Opportunities

- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000
- Aerobic capacity (Lactate & VO₂max tests) – HP Cosmos treadmills and QUARK CPET
- Anaerobic power test with MONARK ergometer
- Jump tests with OPTOJUMP system
- Motion analyses with 2D & 3D video analyses systems
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 3D Posture and Spine analyses
- Footscan test for foot pathologies
- Gait Analysis with high speed cameras
- HYDROWORX for post injury training and conditioning
- Anthropometric tests
- Soccer specific test protocols for all age groups



OUTDOOR SPORTS OTHER OUTDOOR SPORTS

ARCHERY

Synthetic field hockey field measuring 90 x 54 m for outdoor training Archery field with 32 targets at WA standards

BEACH VOLLEYBALL

Two beach volleyball courts in FIVB standards.

SPORT CLIMBING

One artificial climbing wall with three stages and bouldering area, for both amateur and professional climbers.

GOLF

The biggest golf course in Turkey with 45 holes, including two 18-hole championship courses and a 9-hole academy course. Gloria Hotels & Resorts has the largest practice facilities in Europe.

THE MULTIPURPOSE GREEN FIELD

Suitable for slackline, outdoor Pilates, yoga, cross training, and similar group activities and training sessions.

TENNIS

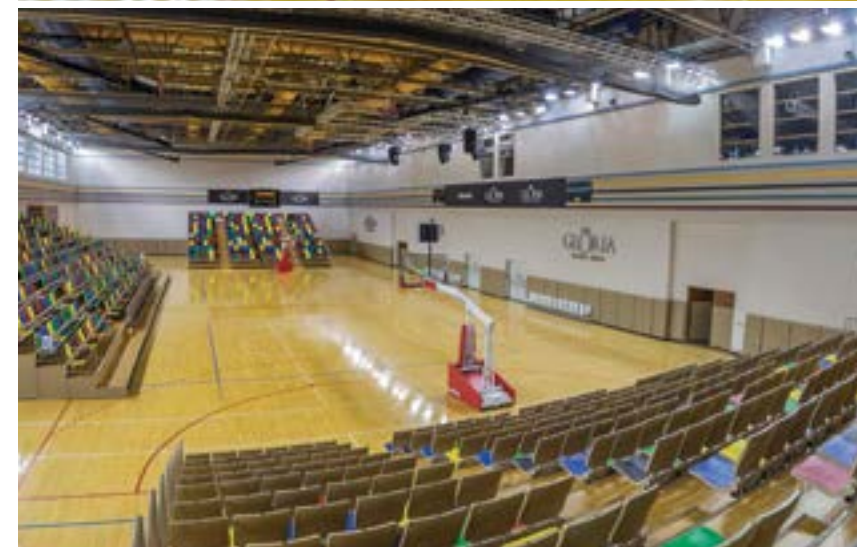
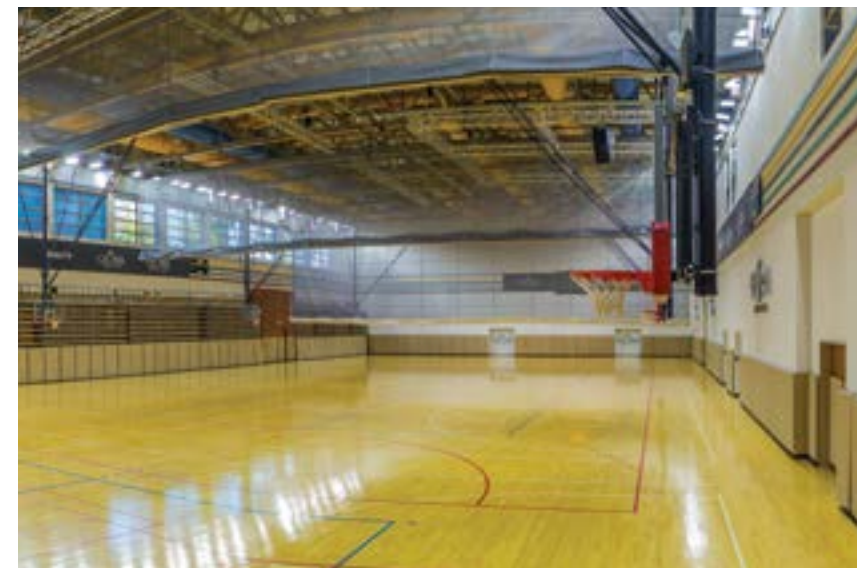
One synthetic turf and one hard tennis court.



INDOOR SPORTS

The sports hall of indoor sports complex with an area of 6800 m² in Gloria Sports Arena can be divided into 4 different fields. In addition, its telescopic tribune has a capacity of 1200 seats. The complex also features studios suitable for different activities.





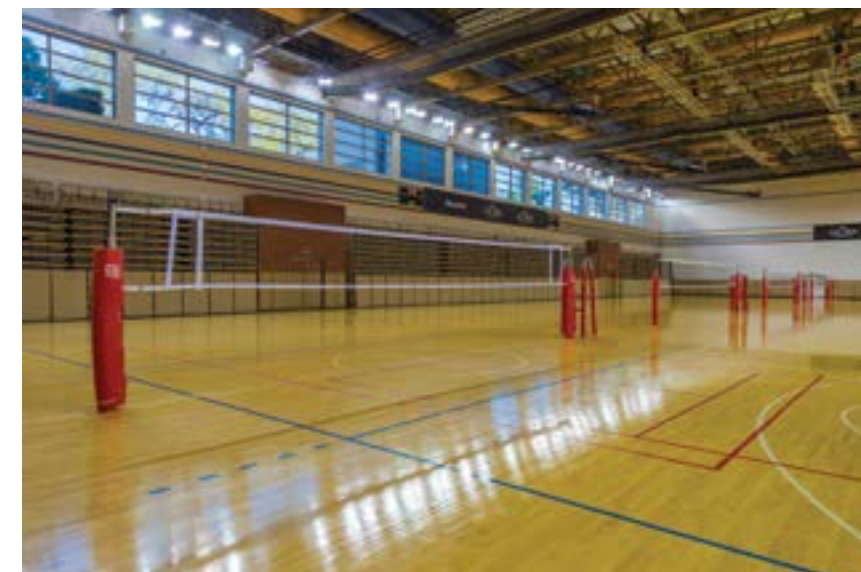
The 2263 m² multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations.

Training Areas

- 4 Neoshock parquet courts from Connors/ USA with FIBA approved Ceiling Hung Posts – GARED (USA)
- 1 Center Court with FIBA approved Portable Basketball System
- 2000m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for Mat and Group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track

Basketball Specific Equipment

- Spalding and Molten training and match balls & Ball Carts
- Individual scoreboards for each court - BODET
- Vertimax vertical jump and speed training device
- Basketbola özel test ve antrenman olanakları
- Aerobic capacity (Lactate & VO₂max tests) HP Cosmos treadmills and QUARK CPET
- Isokinetic strength tests and training with ISOMED 2000
- Anaerobic power test with MONARK ergometer
- Body Composition with gold standard BODPOD
- Jump tests with OPTOJUMP
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- 2D & 3D motion analyses with high speed video analyses systems
- Footscan test for foot pathologies
- HYDROWORX for post injury training and conditioning
- Basketball specific test protocols for all age groups



The 2263 m² multipurpose sports hall with telescopic tribunes can be divided into four separate fields. All equipment is approved by international federations and associations.

Training Areas

- 4 Parquet floor training courts
- 1 Taraflex center court
- 1 Taraflex training court
- 2 Beach Volleyball courts
- 2000 m² main gym with Technogym Cardio & Strength Training Devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, Bosuball and Pilates Balls)
- Studios for mat and group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track

Volleyball Specific Equipment

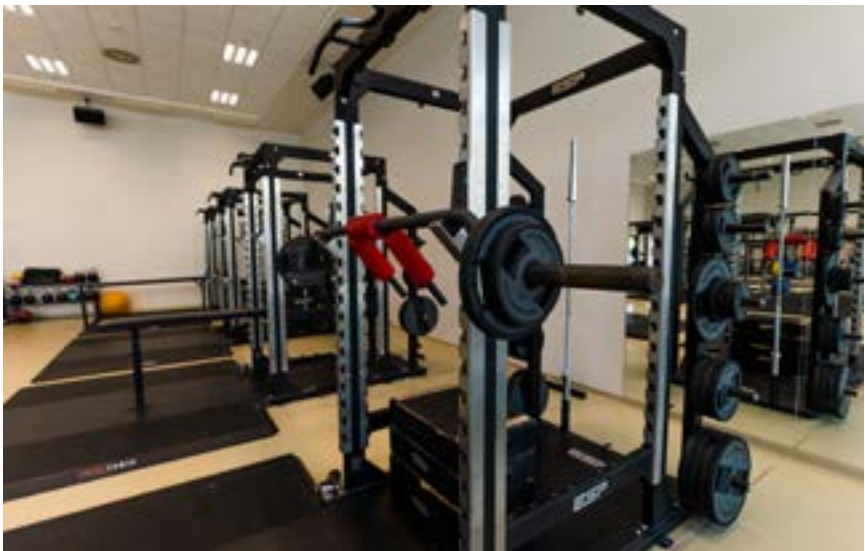
- Volleyball net sets – Gared (USA volleyball approved)
- Mikasa MVA200 balls-official match ball
- Ball carts - Mikasa
- Block training apparatus
- Pass training basket
- Podiums for spike and block training
- Vertimax vertical jump and speed training device

Volleyball Specific Tests and Training Opportunities

- Block touch, attack height and other jump tests with OPTOJUMP
- Arm swing velocity and motion analyses with 2D & 3D video analyses systems
- Aerobic capacity (Lactate & VO₂max tests) – HP Cosmos treadmills and QUARK CPET Exercise Testing
- Body Composition with gold standard BODPOD
- Isokinetic strength tests and training with ISOMED 2000
- 3D ground reaction force analysis with 2 KISTLER force plates
- Agility tests and trainings with SPEEDCOURT
- HYDROWORX for post injury training and conditioning
- Anaerobic power test with MONARK ergometer
- Footscan test for foot pathologies
- Volleyball specific test protocols for all age groups



INDOOR SPORTS OTHER INDOOR SPORTS



SPORTS HALL

HANDBALL
GYMNASTICS
FUTSAL
FENCING
BADMINTON
TABLE TENNIS
ARCHERY

The multi-purpose sports hall with a size of 68x33 m can be used for all indoor sports. Neoshok floating sports floor system is used for flooring. Taraflex flooring can be installed for volleyball and handball training/games. 16 archery training sections with target can be set up for indoor archery training.

STUDIO I & II

WRESTLING
JUDO
TAEKWONDO
KARATE
AIKIDO
KENDO
BALLET
DANCESPORT
PILATES
YOGA

Studios I and II feature a mobile panel system to divide the studio into sections in order to allow for separate use. The parquet flooring, ballet bar and mirror wall make the studio suitable for ballet, dance sports, pilates and yoga. The floor covered with tatami or wrestling mats makes it suitable for sports such as karate, taekwondo, judo and wrestling.

COMBAT SPORTS STUDIO

BOXING
CROSSTRAINING
KICKBOXING
MUAY THAI

Thanks to its ring of international standards, speedballs, sandbags of different sizes and weights, wall-mounted training apparatus, boxmaster and Technogym Omnia 8 functional training areas, the studio for martial arts ensures the perfect training environment for both amateur and professional athletes.

WEIGHTLIFTING STUDIO

WEIGHTLIFTING

Weightlifting studio is equipped with 5 ESP TotalPower full racks and 5 Technogym free standing platforms.

INDOOR CYCLING STUDIO

INDOOR
CYCLING

24 Technogym top-class indoor cycling bikes in a specially designed studio. It offers a perfect training environment thanks to its special light and sound system.





INDOOR SPORTS
FITNESS



STRENGTH CARDIO

KINESIS CLASS & ONE
OMNIA™ 8 & 3
PURESTRENGTH
SELECTION MED
FULL & HALF RACKS
ARKE™ KIT
CABLE STATIONS
FREE WEIGHTS

GROUP CYCLE™
EXCITE®
RUN - Treadmill
SYNCHRO - Cross Training
VARIO - Elliptical
RECLINE - Bike
TOP - Upper Body Cardio







AQUATIC SPORTS

GSA Aquatic Center offers 5800 m²
Olympic water sports facilities in close
proximity with the dryland training facilities.



AQUATIC SPORTS

Gloria Sports Arena Aquatic Center offers all Olympic water sports facilities adjacent to dryland training facilities. The 5800 m² aquatic facilities include 10-lane Olympic outdoor swimming pool, 5-lane 50 m indoor pool, 6-lane short-course (25m) outdoor swimming pool, Olympic diving pool, Olympic water polo pool, and rehabilitation pool. Gloria Sports Arena Aquatic Sports Center has a mobile Contemphas high speed video analysis system for all pools.

Pools and Facilities

- 10 lane outdoor & 5 lane indoor 50m equipped with Swiss Timing System
- 6 lane outdoor 25m
- Waterpolo equipped with Swiss Timing System
- Diving 1, 3, 5, 7.5, 10m platforms & 2x1m, 2x3m spring boards
- Synchronized swimming
- Underwater hockey & rugby...
- 2000m² main gym with latest Technogym Cardio & Strength training devices
- Indoor cycling studio with 24 bikes
- Weightlifting studio with ESP full racks and free standing platforms
- Combat sports studio with functional training equipment (TRX, bosuball & pilates balls, etc.)
- Studios for mat and group training
- 1,7 km outdoor natural running trail
- 1,5 & 2,5 degrees incline running track

Swim-Specific Performance Tests

- High speed underwater video recording -Contemphas Video Analysis System
- Isokinetic measurement –Isomed 2000
- Body Composition with gold standard BODPOD
- Aerobic capacity (Lactate & VO₂max tests) – QUARK CPET
- Posture & spine analysis – Contemphas Video Analysis System







SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

Gloria Sports Arena provides all needs of athletes.

Sports Medicine & Athletic Performance Center offers a wide range of medical, rehabilitation and sports performance enhancement services.

Not only for athletes, open both for hotel guests and other clients.







SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER



SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

Along with cutting-edge equipment, a team of renowned experts on sports medicine, sports science, athletic performance and sports physiotherapy which is led by sports medicine specialist provides a focused and comprehensive service portfolio.

SPORTS-MEDICAL EXAMINATION & CHECK-UP



The physical examination for musculoskeletal problems and general health screening by using various diagnostic tools. A preparticipation examination is also recommended regularly (yearly) for both professional and amateur athletes and includes:

- Comprehensive sports medical examination
- Consultation and evaluation of general health
- Evaluation of present performance status
- Evaluation of posture and musculoskeletal system

ECG/STRESS ECG



The derivation of the electrical phenomena of the cardiac muscle (EKG) allows numerous records of the characteristics and health of the heart and is an integral part of a sports-medical examination



DIAGNOSTIC ULTRASONOGRAPHY

Modern color Doppler sonography is used for evaluation of the various structures of the musculoskeletal system. It can be used as an effective tool to monitor healing processes after injuries.

FUNCTIONAL MOVEMENT SCREEN

The compact test battery provides a well-established scoring system to reveal functional deficits and asymmetries. The results form the basis for the creation of a corrective exercise program.



RESTING METABOLIC RATE

RMR, the rate of energy expenditure at rest, is measured by gas analysis through indirect calorimetry. Once, the RMR is known, the amount of calorie needed to keep a healthy weight and also how much extra calories needed for daily physical activities can be calculated.



HEARTH RATE VARIABILITY ANALYSIS

HRV indicates the ability of the organism to change the frequency of cardiac rhythm during physical activity. Thus, the changes of the time lag between two heartbeats are measured. HRV-measurements are increasingly implemented in training science within the scope of performance diagnostics and load control.



METABOLIC HOLTER ASSESSMENT

A series of arm/chestbands with different sensors and sophisticated software is used to assess and document daily physical activity levels and energy expenditure.

SPIROMETRY

The functional capacity of the lung is an elementary aspect of successful sport activity. Spirometry is a medical test used to determine lung/breathing volume and air velocity for the assessment of pulmonary function.



NUTRITION CONSULTATION

Athletic performance is only possible-if the organism receives the appropriate energy. SMAPC supports amateur and professional athletes by developing individual diet plans-based on health and physical activity goals.



ANTHROPOMETRIC MEASUREMENTS



Branch-specific anthropometric characteristics of the athletes are measured and documented with precision.



BOD-POD

Bod Pod® is considered as the practically Gold Standard for body composition assessment. It is the world's only Air Displacement Plethysmography system using whole body densitometric principles to measure body composition (body density, body fat and fat-free mass) in adults and children.

A large variety of important anthropometric, physiological, biomechanical, nutritional, talent-training and past injury-related parameters that are determining sports performance can be evaluated, monitored and improved.

TANITA – BIOELECTRICAL IMPEDANCE



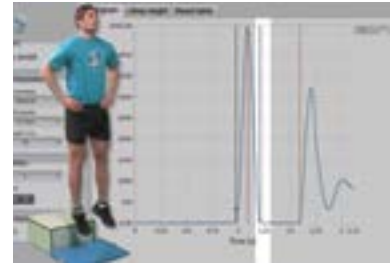
Bioelectrical Impedance Analysis (BIA) is a commonly used method for estimating body composition. Tanita has a patented way of measuring BIA that is faster, easier, less intrusive and includes a precision scale making this a simple one-step process.

16-CHANNEL WIRELESS EMG



Using surface electrodes the electrical phenomena on the skeletal muscles are measured and recorded within the scope of motion sequences. Such EMG-measurements allow documentation on the coordination of the muscles/muscle groups involved, their stress intensity and the fatigue status of the respective muscular system.

GROUND REACTION FORCE MEASUREMENT



The reactive skills- (or the functionality of 'stretching-shortening cycle') patterns identify the relevant neuromuscular/ coordinative performance level. Jump tests and sophisticated technique analyses are executed with highly sensitive Kistler force plates.

BALANCE – COORDINATION – PROPRIOCEPTION



Dynamic platform allows qualitative and quantitative evaluation of the ability of the musculoskeletal system of individual athletes to stabilize the mechanical axis on unstable ground/conditions. The results identify individual deficiencies.

SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

WINGATE ANAEROBIC CAPACITY TEST



The Wingate Test is a standard test method to determine anaerobic capacity, implemented as an ergometer test with short-time maximum load.

VO2max TEST



The maximum oxygen uptake (VO2max) measured by breath-by-breath gas analysis can be used as a criterion for evaluating the stamina of an athlete. It is defined as "gross criterion" of the motoric endurance.

LACTATE ANALYSIS

It determines the individual anaerobic threshold level (maximum effort levels under lactate-steady-state conditions) and the aerobic threshold level by measuring during and after-effort lactate values. The threshold levels allow the exact intensity of a target-oriented endurance training.



OPTOJUMP – SPRINT & GAIT ANALYSIS SYSTEM



A 30-meter optical measurement system consisting of a transmitting and receiving bars detects any interruptions in communication between the bars and calculates their duration.

FITLIGHT



The Fitlights are used as targets for the athletes to deactivate as per training routine. Various tests can be captured for immediate feedback in relation to the athlete's performance.

FOOTSCAN – GAIT ANALYSIS



Precise plantar pressure measurements allows a complete clinical gait analysis which reveals the risk of injury and running efficiency.

SSPM, elit, amatör ve rekreasyonel sporcuların sporla ilgili yaralanmalarının önlenmesi, tedavisi, fizyoterapisi ve rehabilitasyonunu kapsayan geniş bir sporcu sağlığı hizmetleri yelpazesi sunmaktadır. SSPM yalnızca sporculara değil, aynı zamanda hizmetlerin benzersiz kombinasyonundan fayda sağlayabilecek her yaş ve fiziksel aktivite seviyesine sahip hastalara sağlık hizmeti sunmaktadır.

CUSTOM MADE INSOLES



To correct foot disorders, custom-made insoles can be produced on CNC laser equipment by using the data of FootScan gait analysis.

HILTERAPIA



For many overload, traumatic or degenerative pathologies, high intensity laser, Hilterapia® produces important therapeutic effects by triggering a series of biological signals that contribute to the tissue mending and regeneration processes; moreover, it activates lymphatic drainage and microcirculation.

PRP (Platelet-Rich Plasma)



Platelet activation plays a key role in the process of wound and soft tissue healing. The use of platelet rich plasma (PRP), a portion of the patient's own blood having a platelet concentration above baseline, to promote healing of injured tendons, ligaments, muscles, and joints, can be applied to various musculoskeletal problems.

MANUEL THERAPY



"More than a massage" - Osteopath, Chiropractor and Sports Physiotherapist professions assess, treat and rehabilitate musculoskeletal injuries using manual therapy.

DRY NEEDLING



Sports Acupuncture & Trigger Point Dry Needling helps athletes of all ages achieve their best performance. It is one of the most effective hands-on tools for releasing chronic tension and restoring healthy, pain free mobility.

TAPING TECHNIQUES



Taping, Kinesio Taping, Dynamic Taping, and McConnell Taping Technique and others to help pain management, swelling control, tissue healing, functional improvement and injury prevention.

WIRELESS ELECTROSTIMULATION



Electrostimulation is an integral part of physiotherapy and pain management protocols, and also used in training programs to prevent injuries. By the help of wireless electrostimulation, muscular excitation occurs directly on the motor nerve using electrical pulses perfectly controlled to guarantee effectiveness, safety and comfort in use.

VERTIMAX



Cutting-edge training tools helps to improve vertical jump, speed and explosive power and acceleration at virtually any position.

MEDICALLY SAFE STRENGTH TRAINING



A specially designed and medically approved series of fitness equipment provides safer strength training during rehabilitation.

...develops innovative solutions for the analysis of motion

...fast and easy analyses of human posture. It can be used in diagnosis and documentation for:

-

...used to assess, plan, and treat individuals with conditions affecting their ability to walk and run. It is also used in sports biomechanics to help athletes run more efficiently and to identify posture-related or movement-related problems in people with injuries.



...complete solution for analyzing the biomechanics of swimming movements and performance relevant parameters divided in specific workflows:
Start Analysis - Turn Analysis - Timing Analysis - Competition Analysis - Qualitative Motion & Technique Analysis.



TEMPO Sport analysis involves the evaluation of specific sports related movements. Through the use of multiple synchronized capture perspectives and useful analysis tools, coaches and athletes alike are able to determine critical weaknesses in form and are thus able to enable the immediate correction of said weaknesses.

SPEEDCOURT – SPEED, AGILITY & COORDINATION TESTING & TRAINING



The SpeedCourt is a multifunctional training and measurement system for speed and agility, coordination, visual and cognitive perception and end stage rehabilitation. On a sports floor field of 50m², 12 sensor fields are embedded, connected and steered by highly sophisticated software. Variations of fundamental, motion, explosiveness and reactive speed, acceleration and agility, power, and injury prevention can be created by the coach and be visualized on a large screen for the athlete.

- More effective than traditional ice therapy
- Speeds up recovery after hard training sessions

- Decreases the occurrence rate of cold and other health problems

- Increases range of motion

- Feel more energetic
- Increases serotonin level and helps to overcome depression



- Helps you to look more younger by tightening the skin

- Reduces inflammation
- Lowers chronic pain

- 3 Minutes WBC is effective as 1 hour exercise
- Burns approximately 500 calories in 1 session

- Increases libido

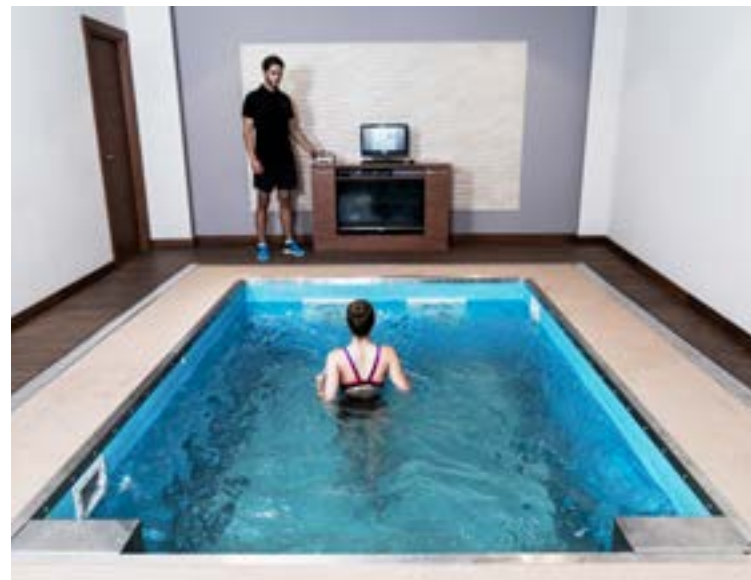
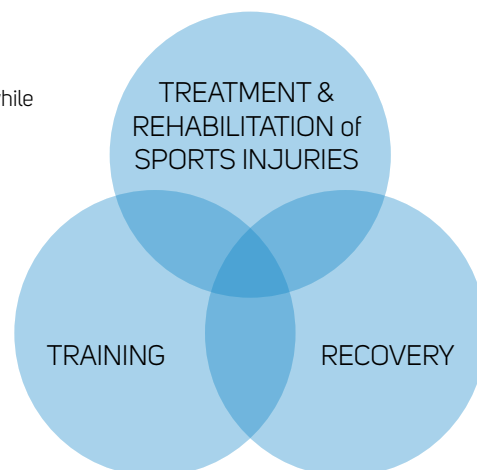
UNDERWATER TREADMILL

Adjustable water depth (hydraulic lifting floor)

Adjustable resistance (counterflow jets)

Regular biofeedback (permanent installed underwater cameras)

- Targeted reduction of joint stress realized by changing the water depth.
- Hydrostatic pressure on the corresponding biologic structures to reduce posttraumatic swelling effects.
- Special characteristics of the water resistance allow the training intensity of the exercises to be exactly regulated by the athlete/patient within actual pain free range (fast speed movements create high training resistance, slow movements create low training intensities).
- A peripheral pressure on the skin-/soft tissue structures, which has equivalent effects of a massage.
- Water resistance creates higher muscular training intensity on the skeletal muscles, while at the same time the joint stress during the exercises is significantly reduced and thus overuse phenomena is prevented.
- Caused by increased training intensities of all integrated muscle groups the training stimulus for the cardiovascular system is consequently increased and creates optimized training adaptations to the involved biological structures.



SPORTS MEDICINE & ATHLETIC PERFORMANCE CENTER

PHYSIOTHERAPY EQUIPMENT

Zimmer MedizinSysteme

With more than 40 years experience Zimmer MedizinSysteme is the distinguished supplier of system solutions in medical technics.

With 40 years in the market of technical medicine, Zimmer MedizinSysteme is one of the leading European manufacturers of physiotherapy equipment. GSA has three therapy rooms, equipped with the newest Zimmer therapy devices. Our experienced team of sports scientists, physiotherapists and trainers is led by our specialist for sports medicine. Our goal is to bring you back into sports or daily life as fast as possible and without any pain.

Cryo6

Contrary to other cooling methods such as contact cooling, cryogenic spray or ice packs, the Cryo6 cools the skin temperature much faster with less danger of acid burns. It holds a constant dosage during the whole treatment.



PhySys SD

Device for electrostimulation, ultrasonic therapy and combined therapy.



OptonPro

This highly effective laser gives off up to 7 watts of power on two wavelengths at the same time via an ergonomically shaped applicator thus providing a broad spectrum of therapies. The High Power Laser OptonPro is ideal for the treatment of: musculoskeletal diseases, tendinopathies, myofascial pain syndrome, painful trigger-points, neuralgia and skin disorders.



Soleo SonoStim

SonoStim has multifrequencyultrasonic buttons, enabling the simultaneous transmission of two frequencies.



Thermo TK

This provides deep heat via high frequency electrotherapy. Thermo TK can be applied for all acute and chronic pain in the musculoskeletal area. The patient receives high frequency electricity which cannot be felt and which creates a soothing effect at a deep level.



enPuls Version 2.0

With the help of an accelerated projectile in the handpiece a mechanical shock wave is created and transmitted onto the human body via an applicator button, also stretching out to the tissue.



PHYSICAL CHECK-UP

FOR CHILDREN (6-12 YRS.) "JUNIOR GLADIATOR PACKAGE"



Similar equipment and protocols that are designed to offer to the elite athletes the scientific precision for their trainings may help you choosing the right sport for your children. The package also provides a comprehensive insight into the growth and development of them.

- Expert Physical Examination
- BODPOD Body Composition Analysis
- 3D Posture Analysis
- Balance & Proprioception Test
- FootScan Gait Analysis
- Speedcourt Test– Speed, Agility & Coordination
- Fitlight – Reaction Time/Concentration/ Focusing
- Spirometry – Lung Capacity Tests
- Detailed Result Report

FOR YOUNG (13-17 YRS.) "YOUNG ATHLETE PACKAGE"



Discover your physical sources to learn how to improve your performance capacity.

- Expert Physical Examination
- BODPOD Body Composition Analysis
- Balance & Proprioception Test
- Functional Movement Screen - FMS
- FootScan Gait Analysis
- Speedcourt Test– Speed, Agility & Coordination
- Fitlight – Reaction Time/Concentration/ Focusing
- Spirometry – Lung Capacity Tests
- Isokinetic Strength Test
- Optojump Running Analysis
- Sprint Test
- Icelab -110° Whole Body Cryotherapy
- Detailed Result Report

FOR ADULTS "PHYSICAL CHECK-UP PACKAGE"



Fathom your physiology and reveal your overall health and fitness level. The result report comes with individualized recommendations and training targets.

- Expert Physical Examination
- BODPOD Body Composition Analysis
- Resting Metabolic Rate Test
- 3D Posture Analysis
- Balance & Proprioception Test
- FootScan Gait Analysis
- Functional Movement Screen - FMS
- Submaximal Treadmill/Bicycle Test.
- Exercise Stress Test wit ECG Monitoring
- Icelab -110° Whole Body Cryotherapy
- Detailed Result Report

FOR ELITE ATHLETES "ELITE ATHLETE FULL CHECK"



A comprehensive and most up-to-date sports-specific protocol to determine your physiological characteristics and monitor the effectiveness of your training programs. It also provides "safe" and "effective" training zones.

- Expert Physical Examination
- BODPOD Body Composition Analysis
- 3D Posture Analysis
- Balance & Proprioception Test
- FootScan Gait Analysis
- Functional Movement Screen – FMS
- Spartanova Sports Specific Injury Risk Analysis
- Speedcourt Test– Speed, Agility & Coordination*
- Wingate Anaerobic Capacity Test*
- Maximal Oxygen Consumption Test – VO₂ max*
- Lactate test *
- Optojump Running Analysis*
- Sprint Test*
- High Speed Video Analysis (Contemplas)*
- Icelab -110o Whole Body Cryotherapy
- Detailed Result Report

** Subject to change according to the sports branch*



The Golf Rehabilitation and Fitness Program at Gloria Sports Arena Health Center offers services to diagnose and treat golf-related spine or peripheral joint injuries to help you recover from injury or surgery, and safely return to the course.

We also offer proper golf fitness and endurance training that is crucial to get the most out of your game and avoid injuries. Our experts are able to detect faulty swing patterns and golf biomechanics, limiting you to perform a powerful golf swing. We can ensure you are optimizing your game and minimizing your chance of injury

GOLF FITNESS & CONDITIONING SERVICES

- Functional Movement Screen - FMS
- Spartanova Golf Specific Injury Risk Analysis
- Golf Specific Core, Lower and Upper Body Exercises
- Balance & Stability
- Individualized at-home exercise programs

REHABILITATION SERVICES

- Comprehensive expert physical examination
- Evaluation of individual motion impairments with respect to the golf swing
- Supervised treatment provided by licensed physical therapists and sports medicine physician
- Skilled manual therapy and therapeutic massage
- Lumbar and cervical spinal decompressive traction as needed
- Diagnostic musculoskeletal ultrasound evaluations as needed

PROGRAMS & PACKAGES



GROUP SPECIFIC CAMPS

"Obesity, Fitness/Wellness, Women"

GSA conducts tailored fitness/wellness/training and education camps for a wide variety of groups: women, children, fitness clubs, schools, companies, corporate groups etc.





WEIGHT LOSS/HEALTHY LIFE PROGRAM

Introduce yourself to a healthy life! Fathom your physiology and take the first steps to move in the right direction of improving your overall health and well-being. Gloria Sports Arena offers guests the sophistication and credibility of a world renowned high performance center with the luxury of Gloria service and accommodations. This program is to help you better understand your body and adopt healthier lifestyle behaviors and attitudes, including exercise, nutrition, stress management, improved self-esteem, and affirmative thinking patterns. After a thorough evaluation process, our professionals will develop a customized package designed to accomplish your specific goals and health objectives – whether it be to get back into shape, to lose weight or maintain your weight, decrease your risk of disease, or just to feel better overall. All for helping you get back to feeling healthy and introducing physical activity (all levels) whilst having fun.

Related services include:

- Expert Physical Examination

Nutrition Consultation

- BODPOD Body Composition Analysis
- Resting Metabolic Rate Test
- Metabolic Holter Measurement
- 3D Posture Analysis
- Balance & Proprioception Test
- FootScan Gait Analysis
- Functional Movement Screen – FMS
- Submaximal Treadmill/Bicycle Test.
- Exercise Stress Test wit ECG Monitoring
- Icelab -110o Whole Body Cryotherapy
- Detailed Result Report
- Personal Training
- Hydroworx Aquatraining

SPORTS REHABILITATION PROGRAM

The Sports Injury Rehabilitation Program at GSA offers specialized evaluation and treatment not just for athletes, but for any active person with a musculoskeletal problem who wants to return to physical activity. This includes those who have undergone orthopedic surgery or have sports- or work-related overuse injuries. Our expert team of physicians, physiotherapists and athletic trainers also treat many conditions that do not require surgery, such as foot and ankle disorders, hip and knee injuries, neck, shoulder and lower-back pain, muscle strains and tears, ligament sprains, bursitis and tendinitis, and overuse injuries such as tennis elbow, runner's knee, swimmer's shoulder and golfer's elbow. The program is designed to help you achieve your functional and sports-related goals by improving strength, coordination, balance, endurance, and specific sport skills.

We provide a full range of comprehensive services, including:

- Sport-specific exercises to return to sports
- Cardiovascular training
- Core-strengthening and stabilizing exercises
- Neuromuscular re-education
- Spinal/pelvic stabilization

Other related services include:

- Comprehensive expert physical examination
- Diagnostic musculoskeletal ultrasound evaluations
- PRP – Platelet Rich Plasma Injection
- Special Intralesional injections
- Icelab -110° Whole Body Cryotherapy
- Manual therapy
- Lymphedema therapy
- Sports Physiotherapy
- Child and Adult Physiotherapy
- Osteopathy
- Therapeutic massage
- Pre-activity massage
- Post activity/recovery massage
- Rigid taping /Kinesio-taping/ Dynamic Taping
- Electro-therapeutic treatments
- Electrostimulation
- Radial Shockwave Therapy (ESWT)
- HILTERAPIA (High intensity laser therapy)
- TECAR Deep Heat Therapy
- Local Cryotherapy
- Hydroworx Aquatraining
- Isokinetic Strength Training



PROGRAMS & PACKAGES

ELITE SOCCER PLAYER PROGRAM

TRAIN LIKE A PRO!

“And bring your game to the next level!”

This program is open to soccer players who play or train at an intermediate level or above. You will be taught and analyzed by renowned coaches and professionals in the fields of sports physiology, biomechanics, nutrition, technique, injury prevention, and resistance and flexibility training. Over the last three years, generally just before the preseason camps, many elite soccer players from across Turkey and from Europe and Middle East have enjoyed this opportunity to build a profile of the ideal strength, power, endurance, flexibility, explosiveness, speed, agility, reaction time, coordination, anticipation, and muscular control. All elite football players are welcome to join one of the 3 – 7 days scheduled preseason group camps or to create an individualized program at any time of the year.

Related services include:

Test & Measurements:

- Expert Physical Examination
- BODPOD Body Composition Analysis
- 3D Posture Analysis
- Balance & Proprioception Test

- FootScan Gait Analysis
- Functional Movement Screen – FMS
- Spartanova Sports Specific Injury Risk Analysis
- Speedcourt Test– Speed, Agility & Coordination
- Wingate Anaerobic Capacity Test
- Maximal Oxygen Consumption Test – VO₂ max
- Lactate test
- Optojump Running Analysis
- Sprint Test
- Detailed Result Report

Supportive Therapies for Regeneration & Recovery:

- Icelab -110° Whole Body Cryotherapy
- Hydroworx Aquatherapy
- Kneipp Pool
- HILTERAPIA
- TECAR Deep heat therapy

Special Training Sessions:

- Hydroworx Aquatraining
- Speedcourt Training
- Isokinetic Strength training
- Vertimax training
- Personal training
- Other group training sessions (Bouldering, Spinning, Zumba etc.)

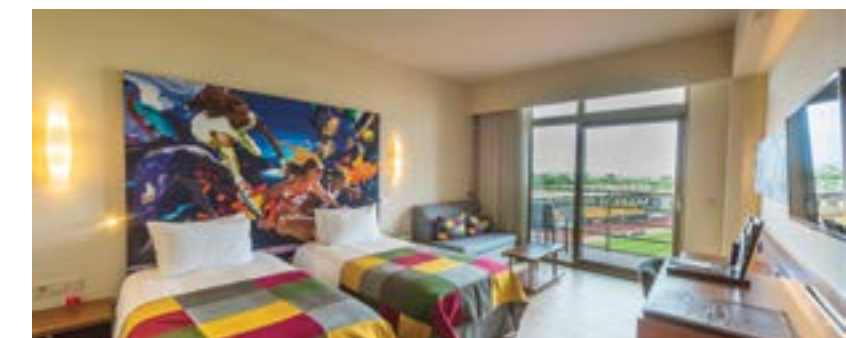




ACCOMMODATION

Tailor-designed for the athletes comfort

Gloria Sports Arena offers 100 modern designed rooms with stadium view. The rooms are tailor-made for the needs of individual athletes and sport teams. There are 82 standard rooms (30 m²), 10 suite rooms (63 m²) and 8 disabled rooms (30 m²).



GASTRONOMY

Tailor-made for the athletes nutritional needs...

Gloria Sports Arena features Elly's Restaurant with a terrace, a lobby & lounge and a sports bar all with direct view of the stadium.

Guest will find a wide variety of international and regional specific dishes at Elly's Restaurant.





ACCOMMODATION

Gloria Hotels & Resorts also offers a wide range of exquisite accommodation with three luxurious and stylish 5-star resorts located at the beach: Gloria Golf Resort, Gloria Verde Resort and Gloria Serenity Resort.

GLORIA GOLF RESORT

- Rooms: 515
- Bed Capacity: 1276

Room Facilities

- WiFi access
- Direct dial telephone,
- Satellite TV, interactive system, Pay TV

- LCD TV
- Balcony or terrace
- Bath or shower
- Safe, mini-bar, hairdryer, key-card system

Restaurants & Bars

- 7 Restaurants, 9 Bars

GLORIA VERDE RESORT

- Rooms: 293
- Bed Capacity: 632

Room Facilities

- WiFi access
- Direct dial telephone
- Remote control lighting

- Satellite TV, interactive system, Pay TV, LCD TV
- Balcony or terrace,
- Safe, mini-bar, hairdryer, key-card system
- Bath or shower

Restaurants & Bars

- 3 Restaurants, 7 Bars

GLORIA SERENITY RESORT

- Rooms: 367
- Bed Capacity: 971

Room Facilities

- WiFi access
- Direct dial telephone
- Remote control lighting

- Satellite TV, interactive system, Pay TV, LCD TV
- Balcony or terrace
- Golf bag wardrobe
- Jacuzzi and separate shower
- Safe, mini-bar, hairdryer, key-card system, scale

Restaurants & Bars

- 9 Restaurants, 12 Bars



- 2300 km bike road
- 25 different routes
- 18.000 m total elevation gain
- 100 to 2300m max positive elevation (+750m average)
- 35 km to 170 km singular circuits
- Mixed circuits : up to 250 km/40 different routes
- 14 discovery bike paths
- 11 fast track bike roads



Download the
Gloria Sports Arena
Cycling Routes



CYCLING ROUTES



M E D I T E R R A N E A N

During your stay, you can enjoy the amenities at Gloria Golf Resort, Gloria Verde Resort, Gloria Serenity Resort, Gloria Golf Club and Gloria Sports Arena. You can easily visit any Gloria complex you wish; you can either take a walk or, if needed, you can get a personal transfer.

DISTANCES BETWEEN COMPLEXES

The red marks on the map are short codes for the complexes.
By looking at the marks, you can find the distance between the complexes.

GGR (GLORIA GOLF RESORT)

-   DISTANCE BETWEEN GGR MAIN BUILDING - GGR CONVENTION CENTRE **165 m**
-   DISTANCE BETWEEN GGR MAIN BUILDING - GGR FAMILY SUITES **335 m**
-   DISTANCE BETWEEN GGR MAIN BUILDING - GLORIA SERENITY RESORT **265 m**
-   DISTANCE BETWEEN GGR MAIN BUILDING - GLORIA GOLF CLUB **2 km**
-   DISTANCE BETWEEN GGR MAIN BUILDING - GLORIA VERDE RESORT **4,6 km**

GSR (GLORIA SERENITY RESORT)

-   DISTANCE BETWEEN GSR MAIN BUILDING - GLORIA GOLF CLUB **1,5 km**

GGC (GLORIA GOLF CLUB)

-   DISTANCE BETWEEN GLORIA GOLF CLUB - FOOTBALL FIELDS **815 m**
-   DISTANCE BETWEEN GLORIA GOLF CLUB - GLORIA SPORTS ARENA **3,9 km**

GVR (GLORIA VERDE RESORT)

-   DISTANCE BETWEEN GVR MAIN BUILDING - GVR SELECT VILLA **380 m**
-   DISTANCE BETWEEN GVR MAIN BUILDING - GLORIA GOLF CLUB **914m**
-   DISTANCE BETWEEN GVR SELECT VILLA - GLORIA GOLF CLUB **890 m**

GSA (GLORIA SPORTS ARENA)

-   DISTANCE BETWEEN GLORIA SPORTS ARENA - GLORIA VERDE RESORT **3,9 km**
-   DISTANCE BETWEEN GLORIA SPORTS ARENA - GLORIA GOLF RESORT **6,7 km**
-   DISTANCE BETWEEN GLORIA SPORTS ARENA - GLORIA SERENITY RESORT **6,5 km**



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