



4 WEEKS PERSONALISED WORKOUT PLAN

Personalisation + Flexibility = COMPLETE SYNERGY

- **Total Personalisation:** optimise your training with a customised fitness plan tailored to your specific goals, fitness level, & lifestyle.
- **Total Flexibility:** work out at a time and location that suits you best, without compromising on results.

Sports Nutritionist Kinita Kadakia Patel

Metabolic Reset & Body Transformation Specialist

Fitness Trainer Prasad Dabholkar

Celebrity Fitness Trainer (K11 & ACSM Certified)

YOUR 5-STEP FITNESS & NUTRITION JOURNEY



Step 1:

BCA Assessment

Mandatory Body Composition Analysis (BCA), conducted either at our clinic or independently.

Step 2:

Goal Mapping Session

Assessment by our Trainer and Nutritionist to evaluate your fitness level and create a personalized strategy.

Step 3:

Personalized Workout Plan

Customized workout plan shared with easy-to-follow video guidance.

Step 4:

15-Day Review

Progress check-in with your trainer to track results and make necessary adjustments.

Step 5:

Ongoing Support

Get all your queries resolved through our collaborative team support.



PERSONALISED APPROACH

Tailored to your unique needs.



EXPERT COLLABORATION

Trainer & Nutritionist working together.



MEASURABLE PROGRESS

Regular reviews and modifications.



SUSTAINABLE HABITS

Building healthy routines that last beyond the programme.