Personal Fitness Training

Programs and Services

Home Workouts | Gym Training | Calisthenics | Veg and Non Veg Diet Plans | Lifestyle Coaching

About My Training

I have been training consistently for almost 4.5 years, through school, college and now as a working professional. My own transformation took me from 99 kg down to 64 kg, and then up to a lean, muscular 75 kg through structured strength training and disciplined nutrition. I know firsthand what it takes to lose fat, build muscle and stay consistent with a busy schedule, and I bring that practical experience to every client.

4.5+ years of training experience	**35 kg** fat loss achieved	**11 kg** lean muscle gained

What I Offer

1. Home Workout Programs

Simple, effective workouts you can do at home with little or no equipment. Ideal for busy schedules and beginners.

- Bodyweight and dumbbell based routines
- Fat loss, toning and strength focused plans
- 20 to 45 minute sessions that fit around work or college
- Progressive plans that get harder as you get stronger

2. Gym Workout Programs

Structured gym training for people who want to build muscle, strength and a better physique.

- Customised workout splits (push pull legs, upper lower, full body)
- Correct form and technique guidance for every exercise
- Progressive overload planning for steady muscle gain
- Plans for beginners, intermediates and returning lifters

3. Calisthenics Training

Master your own bodyweight and build functional strength, control and mobility.

- Push ups, pull ups, dips, squats and core progressions
- Skill building toward advanced moves step by step
- Mobility and flexibility work
- Can be done at home, in a park or at the gym

4. Diet Plans: Vegetarian and Non Vegetarian

Practical Indian meal plans built around your food preferences, routine and goal.

- Pure vegetarian plans (paneer, dal, soya, curd, legumes and more)
- Non vegetarian plans (eggs, chicken, fish and more)
- Eggetarian options also available
- Calorie and protein targets matched to fat loss or muscle gain
- Simple home cooked meals, no expensive supplements required

5. Lifestyle and Habit Coaching

Lasting results come from habits, not short term fixes. I help you build a routine you can actually maintain.

- Sleep, hydration and daily activity guidance
- Managing fitness alongside work, college or study
- Regular check ins and progress tracking
- Motivation and accountability to stay consistent

Goals I Help With

> Weight loss and fat loss

> Muscle gain and body building

> Body recomposition

> Strength and stamina

> Beginner fitness

> Healthy lifestyle and routine

How It Works

1 **Consultation**
We discuss your goal, current fitness level, schedule and food preferences.

2 **Assessment**
Body weight, measurements and a basic fitness check to set your starting point.

3 **Custom Plan**
You receive a personalised workout plan and a veg or non veg diet plan.

4 **Training and Check Ins**
Guided sessions, form correction and regular progress reviews.

5 **Adjust and Progress**
Plans are updated as you improve so results keep coming.

Training Modes

- **Online coaching:** live video sessions, plans and check ins from anywhere
- **Flexible timings:** early morning, evening and weekend slots for working professionals and students