HEAD COACH

SELVA

FOUNDER / PERSONAL FITNESS COACH

BENGALURU | IN-PERSON & ONLINE COACHING

COACHING PHILOSOPHY

Practical strength training, precise exercise form and steady progression - built around the individual, not a generic workout template.

AI OBSERVES. TAPE CONFIRMS. TREND DECIDES. COACH APPROVES.

WHAT I HELP CLIENTS WORK TOWARD

01 **Strength & muscle development**

Progressive resistance training with clear movement technique.

02 **Fat loss & body recomposition**

Training and habit guidance tailored to a sustainable routine.

03 **Beginner fitness & confidence**

Structured, understandable sessions with technique coaching.

04 **Physique shape & proportion**

Individualized emphasis on posture, balance and development.

ONE-TO-ONE PERSONAL TRAINING

Availability, location and programme fit are discussed via UrbanPro.

HOW THE COACHING WORKS

A simple, measurable and safety-first training process.

01

DISCOVER

Understand the main goal, activity level, schedule, equipment and current limitations.

02

ASSESS

Review movement quality and available baseline measures. Relevant pain or medical concerns require appropriate professional clearance.

03

DESIGN

Build an individualized exercise routine with a clear primary goal, training frequency and safe progression.

04

COACH

Prioritize form, repeatable performance and realistic workload during each session.

05

REVIEW

Evaluate attendance, strength, waist/weight trends where appropriate, recovery and training feedback before changing the plan.

COACHING OPTIONS

01 **Individual gym-based personal training**

02 **Online fitness coaching & progress reviews**

03 Training for adults with varied fitness backgrounds

Discuss your goal and session availability with Head Coach Selva on UrbanPro.