

PERSONAL TRAINING (ONLINE CLASSES)

WHY?

Important points to know prior to starting your training “Why actually you want to train yourself ?”

- To be fit.
- To live with a healthy body, healthy mind and positive spirit.
- To feel good about yourself.
- To be more confident.
- To reduce the stress from your body and mind.
- To like, love and appreciate yourself with high self-esteem.
- To be noticed with influencing personality in the surroundings.
- To avoid the diseases due to unnecessary body fats and unhealthy lifestyle.
- To explore your own potential.
- To rejoice the beauty and happiness of life.

WHAT GOAL ?

- Weight Management
- Yoga / Pranayaam (Breathing Exercises)
- Athletic Body Transformation
- Mixed Martial Arts (MMA)

HOW ?

This section would be taken care by me. All I want you to be dedicated and committed to your WHY reasons. My training approach should not only be understood theoretical rather it needs to be experienced practically which lead to the understanding of your most important assets in life i.e. your own Body, Mind and Soul.

CONCLUSION:

People who understand the importance of being fit and healthy already have been investing their time and efforts in this direction. They have the advantages that they develop good understanding about their own Body, Mind and Soul which help them to live more happy and energetic life as compared to those who keep procrastinating their health and fitness to tomorrow.