


FITNESS PROGRAMME

12-WEEK FAT LOSS PROGRAMME

Training, nutrition and habits that last

COACH

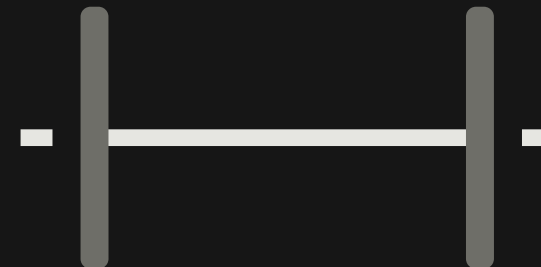
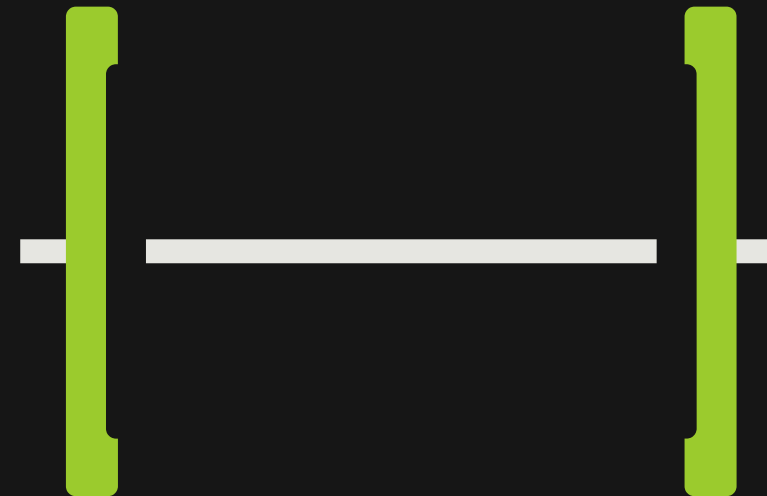
Coach Name

LOCATION

Online + studio

JOIN

+91 90000 00000



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AGENDA

01 Why us

02 Training

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Image

01

WHY US

KEY IDEA

**Lose fat, keep muscle, build
habits for life.**

Our promise

RESULTS

WHY TRAIN WITH US

12

weeks

3

workouts a week

1

coach checking in

Sample figures for illustration.

02

TRAINING

TRAINING

PROGRAMMES

1

Training

Three full-body workouts a week.

2

Nutrition

Simple Indian meal plans.

3

Habits

Sleep, steps and water.

SCHEDULE

WEEKLY PLAN

Day	Focus	Duration
Mon	Strength A	45 min
Wed	Strength B	45 min
Sat	Conditioning	30 min

Adjust load to your level.

YOUR JOURNEY

HOW IT WORKS

1

Measure

Weight, waist, photos

2

Eat

Calorie-aware meals

3

Train

Progressive plan

4

Adjust

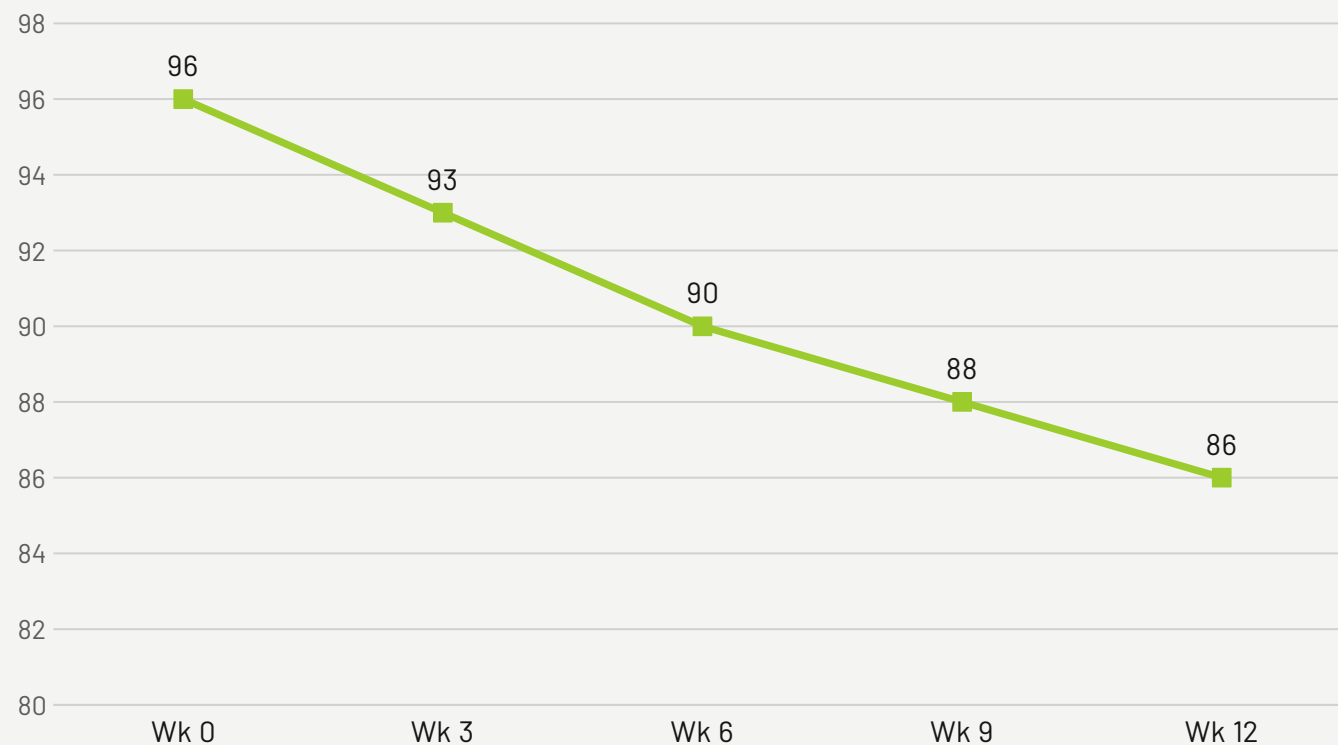
Weekly check-ins

03

PROGRESS

TRACKING

PROGRESS OVER 12 WEEKS



Typical progress of a member
(sample data).

Sample data for illustration — replace with your own figures.

KNOW BETTER

MYTH VS FACT

Myth

- ✓ Skip meals to lose weight
- ✓ Only cardio burns fat
- ✓ Spot reduction works

Fact

- Regular balanced meals work
- Strength training helps fat loss
- Fat loss happens all over

04

JOIN

PRICING

MEMBERSHIP PLANS

Plan	Includes	Price
Self-guided	App plan only	₹ 1,999
Coached	Plan + weekly check-ins	₹ 5,999
Studio	Coached + 3 sessions/week	₹ 11,999

Indicative pricing.



Down 8 kg and I still eat roti every day.

– A member (placeholder testimonial)

NEXT STEPS

START TODAY

- Fill in the starter form
- Get your plan in 24 hours
- Start week one on Monday
- Send your first check-in on Sunday



Image

YOUR FIRST SESSION IS ON US

Book a free trial today.

+91 90000 00000

hello@yourdomain.in

