

FITNESS CHALLENGE

Home Workout Challenge

30 days, no equipment, 20 minutes a day

COACH

Coach Name

LOCATION

Online

JOIN

+91 90000 00000



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Join



**No gym? No excuse. Your
living room is enough.**

Our promise

RESULTS

Why train with us

30

days

20 min

per workout

0

equipment needed

Sample figures for illustration.

Programmes

1

Bodyweight strength

Squats, push-ups, lunges.

2

Cardio bursts

Short, sweaty intervals.

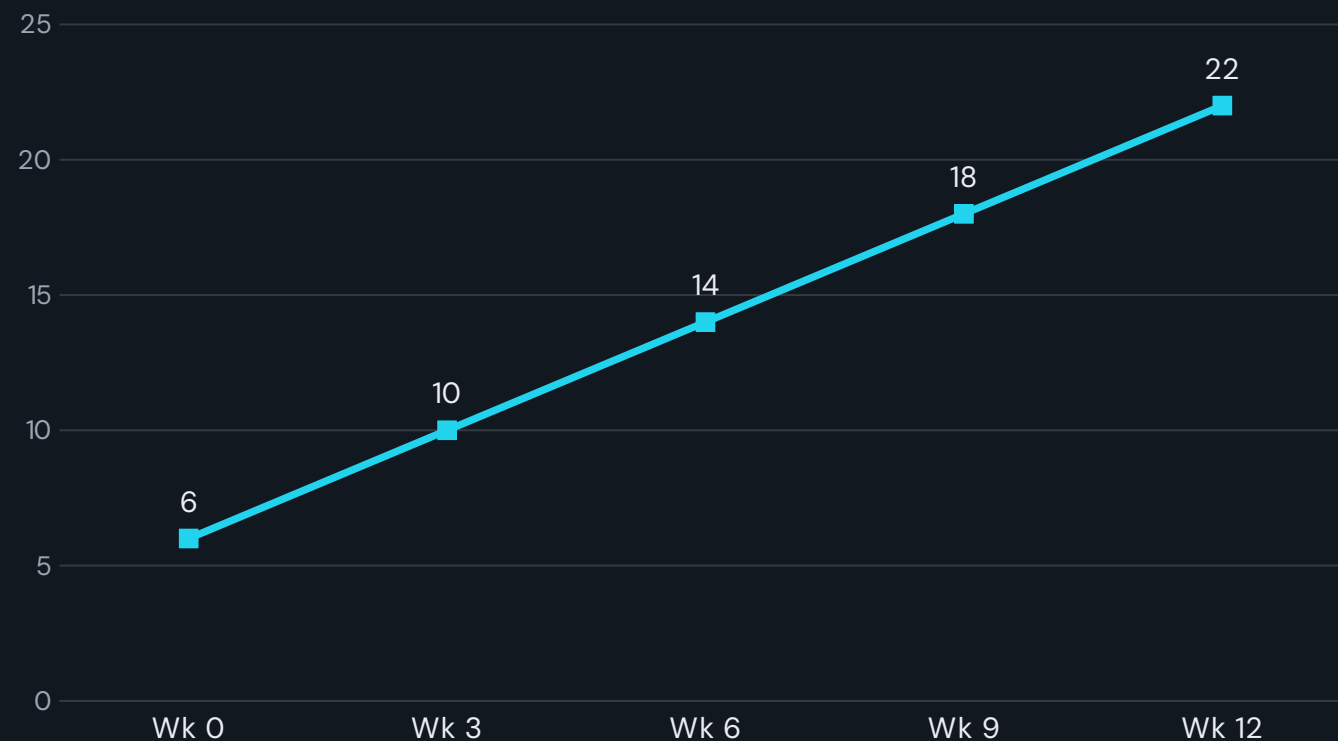
3

Core

Planks and mobility.

TRACKING

Progress over 12 weeks



Typical progress of a member
(sample data).

Sample data for illustration — replace with your own figures.

Myth vs fact

Myth

- ✓ Home workouts are too easy
- ✓ You need long sessions
- ✓ Sore means it worked

Fact

- Bodyweight can be very hard
- 20 focused minutes work
- Progress matters, not soreness

PRICING

Membership plans

Plan	Includes	Price
Free	Daily videos	₹ 0
Plus	Videos + tracker	₹ 499
Coached	Plus weekly coach call	₹ 1,999

Indicative pricing.



Portrait image

“

Thirty days in, I can do a full plank for two minutes.

— A member (placeholder testimonial)

Your first session is on us

Book a free trial today.

+91 90000 00000

hello@yourdomain.in

