



FITNESS PROGRAMME

# 12-Week Fat Loss Programme

Training, nutrition and habits that last

COACH

**Coach Name**

LOCATION

**Online + studio**

JOIN

**+91 90000 00000**

# Agenda

**01** Why us

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**02** Training

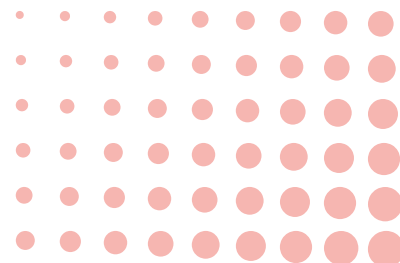
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**03** Progress

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**04** Join

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**01**

**WHY US**





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

Our promise

## RESULTS

# Why train with us

**12**

weeks

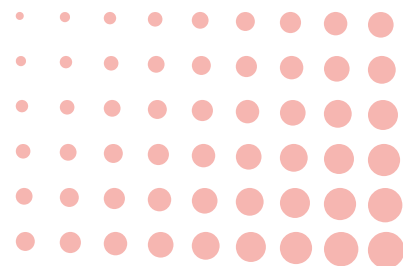
**3**

workouts a week

**1**

coach checking in

*Sample figures for illustration.*



**02**

# **TRAINING**



# Programmes

01

## Training

Three full-body workouts a week.

02

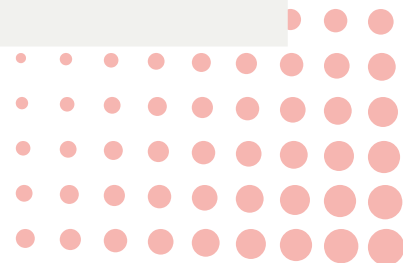
## Nutrition

Simple Indian meal plans.

03

## Habits

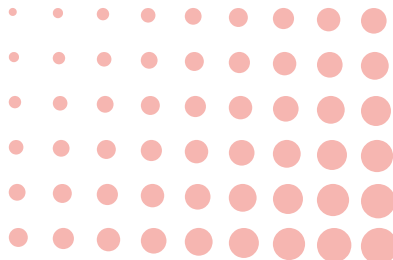
Sleep, steps and water.



# Weekly plan

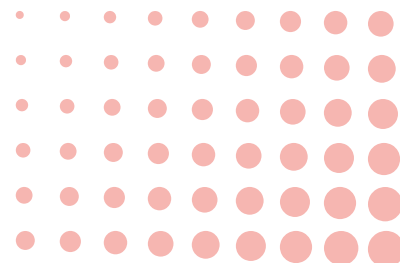
| Day | Focus        | Duration |
|-----|--------------|----------|
| Mon | Strength A   | 45 min   |
| Wed | Strength B   | 45 min   |
| Sat | Conditioning | 30 min   |

*Adjust load to your level.*



# How it works

|    |                |                       |
|----|----------------|-----------------------|
| 01 | <b>Measure</b> | Weight, waist, photos |
| 02 | <b>Eat</b>     | Calorie-aware meals   |
| 03 | <b>Train</b>   | Progressive plan      |
| 04 | <b>Adjust</b>  | Weekly check-ins      |

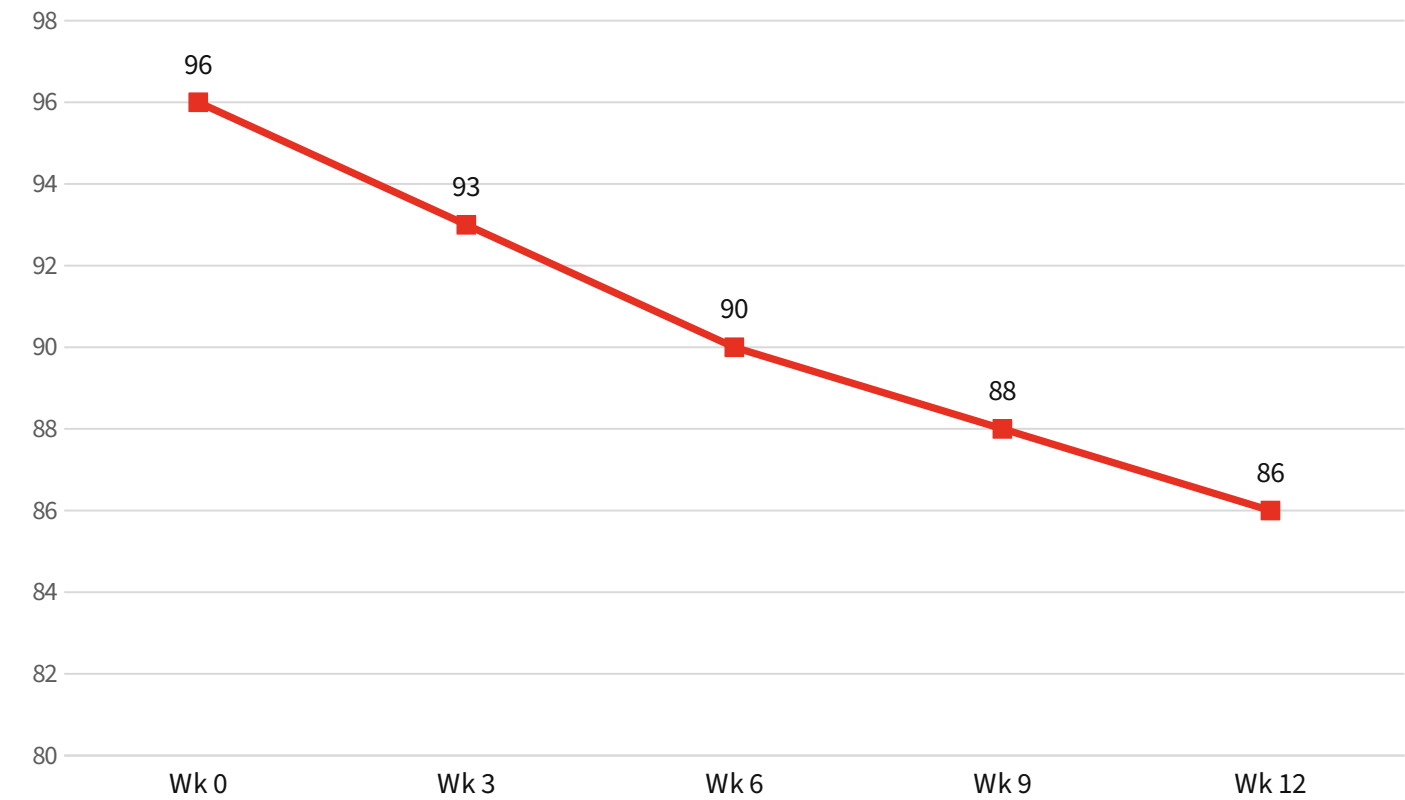


03

**PROGRESS**

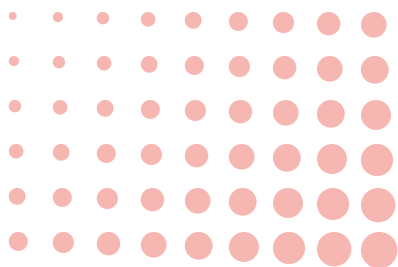


# Progress over 12 weeks



Typical progress of a member  
(sample data).

*Sample data for illustration — replace with your own figures.*



# Coaches



Photo

## **Coach Meera**

**LEAD COACH**

Certified trainer and nutrition coach.



Photo

## **Coach Sam**

**COACH**

Strength and conditioning.

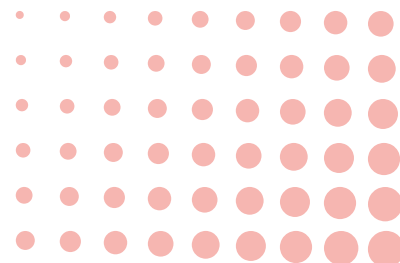


Photo

## **Support team**

**CHECK-INS**

Weekly WhatsApp reviews.



# Myth vs fact

## Myth

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

vs

## Fact

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



**04**

**JOIN**

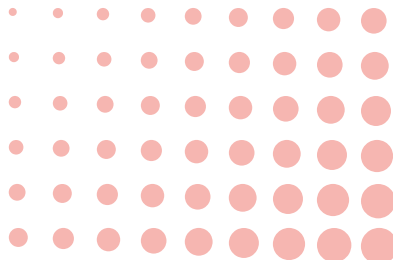


PRICING

# 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

