

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

02

Training

03

Progress

04

Join

01

WHY US



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

Our promise

Why train with us

12

weeks

3

workouts a week

1

coach checking in

Sample figures for illustration.

02

TRAINING

Programmes



Training

Three full-body workouts a week.



Nutrition

Simple Indian meal plans.



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

Measure

Weight, waist, photos

02

Eat

Calorie-aware meals

03

Train

Progressive plan

04

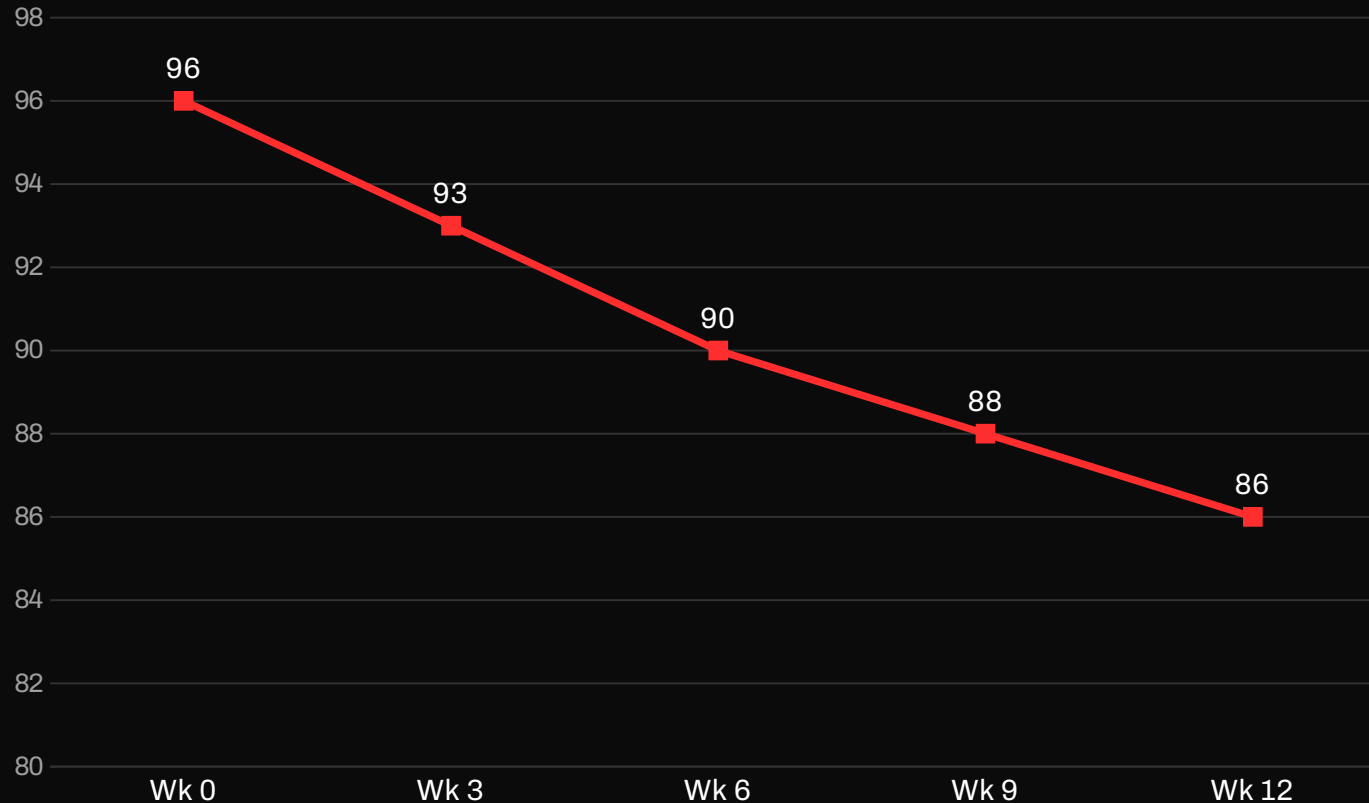
Adjust

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



Coach Meera

LEAD COACH

Certified trainer and nutrition coach.



Coach Sam

COACH

Strength and conditioning.



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

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.



Portrait image

“

**Down 8 kg and I still eat
roti every day.**

— A member (placeholder testimonial)

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

