Page 3 services

TRAINING SERVICES

1. FAT LOSS

2. WEIGHT LOSS

3. WEIGHT GAIN

4. MUSCLE GAIN

5. CONDITIONING

6. ACTIVE RECOVERY

7. AEROBIC EXERCISE

8. BOOT CAMP (WEEKLY)

9. CIRCUIT TRAINING

10. DOMS

11. COMPETITION PREPARATION

12. BODY BUILDING

13. 3 MONTHS EPIC TRANSFORMATION

14. MUSIC YOGA THERAPY

15. PCOD AND PCOS TRAINING AND DIET

16. DYNAMIC WARM-UP

17. FOAM ROLLING

18. FUNCTIONAL MOVES

19. HEART RATE ZONES

20. HIIT

21. IIT- INTERNAL TRAINING

22. ISOMETRICS

23. PLYOMETRICS

24. RESISTANCE TRAINING

25. STEADY – STRAIGHT CARDIO

26. STRENGHT TRAINING

27. FLEXIBILITY TRAINING

28. ACTIVE STRETCHING

29. HEIGHT INCREASE EXERCISES

30. LIMITED BEACH BODY SLOTS

31. FIGURE

32. COUPLE TRAINING

33. CHILDREN SPECIFIC TRAINING

34. SPECIFIC EXERCISE DURING PREGNANCY

SPORTS MASSAGE SERVICES

1. PRE-EVENT SPORTS MASSAGE:

It supplements an athlete’s warm-up and prepares them for top performance.

BENEFITS–

* Friction to create heat and warm up the superficial tissues
* Compression to increase blood flow to the muscles
* Gentle stretching to prepare muscles for the warmth

1. POST- EVENT SPORTS MASSAGE :

Post event massage is administered immediately after the event or competition.

BENEFITS :

* It help to normalize the body tissues
* It helps to relax the muscles
* Remove waste products and circulate nutria

1. TRAINING SPORTS MASSAGE :

It is given between training sessions to reduce recovery time and decreases the risk of injury

BENEFITS:

* Faster recovery from strenuous workouts
* Increased blood circulation
* Reduced muscle spasms and strain

1. SWEDISH MASSAGE:

Swedish massage technique is to relax the entire body.

BENEFITS:

* Increases the level of oxygen in the blood
* Decreasing muscle toxins
* Improves circulation and flexibility

1. THERA- GUN MASSAGE:

Thera-gun provides a break through ,natural approach to improving physical health.

BENEFITS:

* Improves lactic acid clearance
* Natural stress relief
* Eliminates muscle fatigue , pain ,tightness ,soreness and knots

1. REHABILITATING SPORTS MASSAGE

Aids recovery from sports injuries.

BENEFITS :

* Helps to alleviate pain and return the body to full health
* Reduces inflammation, breaks down scar tissue, and returns muscle
* Reduces the chance of re-injury

SPECIAL POPULATION SERVICES :

1. INJURY REHABS :

Rehabilitation is care that can help you get back,keep, or improve abilities that you need for daily life. These abilities may be physical,mental or cognitive.

BENEFITS :

* Improves flexibility
* Helps improve your balance
* Reduces swelling in the affected joints and muscles
* Correct your posture problems

PRACTICAL -TIPS AND TRAINING TO RECOVER FROM INJURY

In this, practical tips and training has been provided to recover from different kinds of injuries.

BENEFITS:

* Eliminating stiff,tight muscles &joints
* Recovering from injury quickly
* Sustain and build flexibility

ALLEVIATE PAIN AND MOVE BETTER SPECIAL TRAINING

BENEFITS :

* Pain relief
* Greater mobility
* Injury recovery

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FEES STRUCTURE :

1 MONTH – RS 2500(FREE 2 DAYS TRIAL)

3 MONTHS – RS 6000

6 MONTHS – RS 10000

1 YEAR – RS 16000

2 YEARS – RS 32000

5 YEARS – RS 80000

COUPLE MEMBERSHIP RS 29,999

PERSONAL TRAINING SERVICES

(BY ONE OF THE GYM TRAINER RS 8000)

(BY THE OWNER OF THE GYM RS 12000)