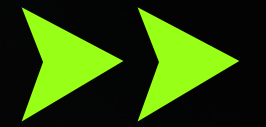




FITFAT STUDIO



Luxury Community *Fitness Proposal*

"Get a New Shape. Live Fit with Less Fat."

Calicut | Home Personal Training Experts

Transforming Your Fitness
Journey with Expert Guidance
and Personalization.



FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



About Us – What is FitFat Studio?

FitFat Studio is a professional personal training studio dedicated to helping busy professionals, doctors, families, and seniors achieve better health through scientific fitness training and personalized coaching.

FitFat Studio was established in 2020 with a mission to provide high-quality personal training in a clean, professional, and result-focused environment. Now we are extending our service through **Home Personal Training**, bringing expert fitness coaching directly to your home.

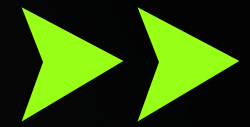
[Learn More](#)

Elite Fitness. Delivered To Your Door.
Private Personal Training





FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



Our Home Personal Training Program

Our Home Personal Training (Home PT) program is designed for people who:

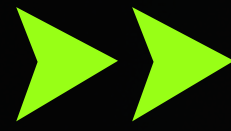
- Don't have time to go to the gym
- Prefer privacy while training
- Need professional guidance at home
- Have health conditions that require supervised exercise
- Want faster results with personal attention

Our certified trainer will come to your home and guide you through structured workouts.

Elite Fitness. Delivered To Your Door.
Private Personal Training



FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



FITFAT STUDIO Programs

- **WEIGHT LOSS PROGRAM**
Structured workouts and calorie guidance to reduce body fat and improve body composition.
- **STRENGTH & MUSCLE PROGRAM**
Improve strength, posture, and muscle tone.
- **LIFESTYLE DISEASE FITNESS**
Specialized training for:
 - Diabetes
 - Blood Pressure
 - Cholesterol
 - Thyroid
 - Obesity
- **SENIOR CITIZEN FITNESS**
Safe and controlled training for:
 - Joint pain
 - Balance improvement
 - Mobility
 - Strength maintenance
- **WOMEN'S FITNESS PROGRAM**
Programs focused on:
 - Fat loss
 - Body toning
 - Post-pregnancy fitness





FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



Program Results (Expected Output)

With consistent training, clients can achieve:

- Fat loss
- Increased strength
- Better energy levels
- Improved mobility
- Better posture
- BP & sugar control
- Stress reduction
- Sustainable healthy lifestyle





FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



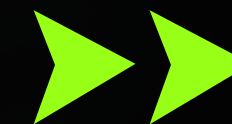
How Our Program Works

- ✓ Initial consultation
- ✓ Health & fitness assessment
- ✓ Goal setting
- ✓ Customized workout plan
- ✓ Personal trainer visits your home
- ✓ Weekly progress monitoring

Elite Fitness. Delivered To Your Door.
Private Personal Training



FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



Meet Our Fitness Experts



SALEESH K
DIRECTOR



ABHINAV
MANAGER



MIDHUN RAJ
HEAD COACH



JIBIN KRISHNA PV
SALES AND GROWTH COACH



REJIL REGU
SALES AND GROWTH COACH



AADHITHYA
COACH



IHSAN
COACH



RINGLE
COACH



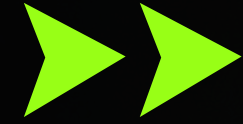
JINCY
COACH



AFLAH
COACH



FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



FEE STRUCTURE

SESSION	PRICE
14 days	12000
20 days	15000
Group above 4 14 days	8000
Group above 4 20 days	10000

**Free
Movement**

**Independence
in Daily Life**

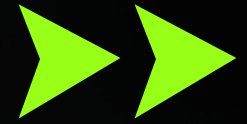
**Safe &
Controlled
Health**



“Customized Fitness Plans for Flats & Villa Associations”



FITFAT STUDIO
HOME PERSONAL TRAINING PROGRAM



Thank You **For Your Attention**

Here's to starting your journey towards a healthier, stronger, and more confident you.

CONTACT US NOW!

Touch the Icon



2nd Floor Tilal Tower, Kudilthode road,
Thondayad Bypass, Calicut
9072802080