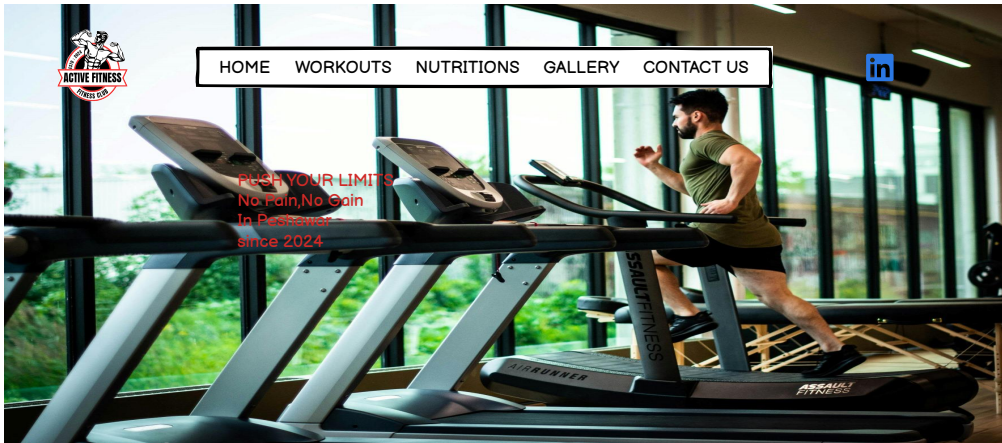




PUSH YOUR LIMITS
No Pain, No Gain
In Peshawar
since 2024



About Us

Welcome to Active Fitness, your ultimate fitness destination! Located in the heart of Peshawar, we are dedicated to empowering individuals of all fitness levels to achieve their health and wellness goals. Our mission is to create a welcoming and supportive environment where everyone can thrive, no matter their starting point. At Active Fitness, we believe that fitness is not just about physical strength; it's about building confidence, fostering community, and cultivating a healthier lifestyle. Our state-of-the-art facility is equipped with the latest workout equipment, a variety of group classes, and dedicated spaces for strength training, cardio, and flexibility workouts. Our team of certified trainers and fitness professionals is here to guide you every step of the way. Whether you are looking for personalized training sessions, nutritional advice, or group classes that inspire and challenge you, we have the resources to help you succeed. We pride ourselves on offering a diverse range of programs, from high-intensity interval training (HIIT) and yoga to weightlifting and cycling, ensuring there's something for everyone. But we are more than just a gym; we are a community. We foster connections among our members through regular events, challenges, and social gatherings, helping you find workout buddies and motivation in your fitness journey. Join us at Active Fitness and become part of a vibrant community that celebrates every milestone, big or small. Together, we can achieve your fitness goals and transform your life. Let's get started on this journey to health and happiness!

WHY CHOOSE ACTIVE FITNESS

We encourage family involvement, fun and physical fitness.



PLENTY OF EQUIPMENT

Our gym has a huge range of all types of equipment, from cardio-vascular to weights to functional machines.



CHANGING ROOMS

You shall find showers, lockers and sockets available.



TRAINERS

Our Personal Trainers are on hand to assist you with your training and provide complimentary inductions.



LADIES ONLY

Separate timings have been kept for ladies who prefer training and fitness workout ladies only environment.



WEIGHTS ROOMS

Our gym has a wide range of both fixed machines and free weights.



ATM MACHINE

ATM Facility is available.

Pages

[HOME](#)
[WORKOUTS](#)
[NUTRITIONS](#)
[PHOTOS](#)
[CONTACT US](#)

Contact us

03001234567
unknown@gmail.com
[LINKEDIN](#)

Addresses

Street no 12 blue area islamabad
pakistan
street no 2 hayatabad peshawar
pakistan
street no 6 iqbal town lahore
pakistan
street no 4 malir korachi pakistan

Monday: Full Body Workout



This full body workout is designed to improve overall strength and fitness.

Exercises

- Push-ups: 3 sets of 10-15 reps
Squats: 3 sets of 12-15 reps
Plank: 3 sets of 30-60 seconds

Tuesday: Upper Body Workout



This workout targets the major muscle groups in the upper body.

Exercises

- Bench Press: 4 sets of 8-10 reps
Pull-ups: 3 sets of 5-10 reps
Dumbbell Rows: 3 sets of 10-12 reps

Wednesday: Cardio Day



This cardio session focuses on improving endurance and burning calories.

Exercises

- Running: 30 minutes at a steady pace
Cycling: 20 minutes at moderate intensity
Jump Rope: 3 sets of 2 minutes

Thursday: Lower Body Workout



This routine focuses on strengthening the legs and glutes.

Exercises

- Deadlifts: 4 sets of 6-8 reps
Lunges: 3 sets of 10-12 reps per leg
Leg Press: 3 sets of 10-15 reps

Friday: Core Workout



This session targets core strength and stability.

Exercises

- Crunches: 3 sets of 15-20 reps
Russian Twists: 3 sets of 15 reps per side
Leg Raises: 3 sets of 10-15 reps

Saturday: Active Recovery



Engage in low-intensity activities to aid recovery.

Activities

- Yoga: 30-45 minutes
Walking: 30 minutes at a leisurely pace
Stretching: 15-20 minutes

Sunday: Rest Day



Take a day to relax and recover. Focus on hydration and nutrition.

Meal Planning

Effective meal planning can help you achieve your health goals. Here are some tips:

Plan your meals for the week ahead.
Include a variety of food groups.
Prepare a shopping list before going grocery shopping.
Batch cook meals to save time.



Healthy Eating Habits

Adopting healthy eating habits is key to a balanced lifestyle:

Eat plenty of fruits and vegetables.
Choose whole grains over refined grains.
Limit added sugars and saturated fats.
Stay hydrated by drinking water throughout the day.



Recipes

Try these simple and nutritious recipes:

Quinoa Salad: Quinoa, cherry tomatoes, cucumber, and feta cheese.
Grilled Chicken: Seasoned with herbs and served with steamed broccoli.
Fruit Smoothie: Blend your choice of fruits with yogurt and a splash of juice.



Pages

[HOME](#)
[WORKOUTS](#)
[NUTRITIONS](#)
[PHOTOS](#)
[CONTACT US](#)

Contact us

03001234567
unknown@gmail.com
[LINKEDIN](#)

Addresses

Street no 12 blue area islamabad
pakistan
street no 2 hayatabad peshawar
pakistan
street no 6 iqbal town lahore
pakistan
street no 4 malir korachi pakistan

Transformation

With continuous struggle you can achieve your desired body look:

Create a Tailored Plan. A one-size-fits-all approach won't work.
Fuel Your Body Right. Nutrition is the foundation of any transformation.
Track Your Progress. Keep a journal or app to track your workouts, meals, and how you feel.
Stay Active Daily.



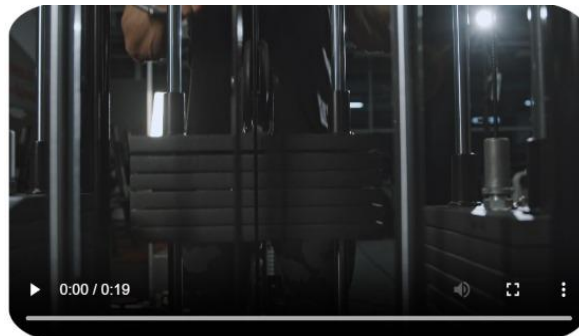
Workout Techniques

Strength Training

Compound Movements: Exercises that target multiple muscle groups (e.g., squats, deadlifts).

Progressive Overload: Gradually increasing weight or resistance to build strength.

Supersets: Performing two exercises back-to-back with little rest.



Pages

[HOME](#)
[WORKOUTS](#)
[NUTRITIONS](#)
[PHOTOS](#)
[CONTACT US](#)

Contact us

03001234567
unknown@gmail.com
[LINKEDIN](#)

Addresses

Street no 12 blue area islamabad
pakistan
street no 2 hayatabad peshawar
pakistan
street no 6 iqbal town lahore
pakistan
street no 4 malir karachi pakistan

Get In Touch

Name*

Email*

Subject*

Select time*

Messages*

Contact Information

Email: unknown@gmail.com

Follow us on social media:

[LINKEDIN](#)[FACEBOOK](#)[INSTAGRAM](#)

Pages

[HOME](#)
[WORKOUTS](#)
[NUTRITIONS](#)
[PHOTOS](#)
[CONTACT US](#)

Contact us

[03001234567](#)
unknown@gmail.com
[LINKEDIN](#)

Addresses

[Street no 12 blue area islamabad](#)
[pakistan](#)
[street no 2 hayatabad peshawar](#)
[pakistan](#)
[street no 6 iqbal town lahore](#)
[pakistan](#)
[street no 4 malir karachi pakistan](#)