

Build Custom Plan

Name	<input type="text"/>	Fat%	<input type="text"/>
Age	<input type="text"/>	Goal	<input type="text"/>
Weight	<input type="text"/>	TimeLine	<input type="text"/>

SUBMIT

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Email: support@customfit.com

Phone: +1 (123) 456-7890

Address: 123 CustomFit GYM,
Ahmedabad City,INDIA



"Personalized Workouts for Your Unique Goals."

"Welcome to CustomFit, where your fitness goals become a reality. Our customized workout plans are designed to fit your lifestyle, whether you're just starting out or pushing for new personal bests. Start your journey today and see the results you've always wanted."

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My Plan

week-1

Day 1: Squats (Legs)
Day 2: Push-Ups (Chest)
Day 3: Deadlifts (Back)
Day 4: Plank (Core)
Day 5: Pull-Ups (Back)
Day 6: Lunges (Legs)
Day 7: Rest (Yoga/Stretching)

week-2

Day 1: Squats (Legs)
Day 2: Push-Ups (Chest)
Day 3: Deadlifts (Back)
Day 4: Plank (Core)
Day 5: Pull-Ups (Back)
Day 6: Lunges (Legs)
Day 7: Rest (Yoga/Stretching)

week-3

Day 1: Squats (Legs)
Day 2: Push-Ups (Chest)
Day 3: Deadlifts (Back)
Day 4: Plank (Core)
Day 5: Pull-Ups (Back)
Day 6: Lunges (Legs)
Day 7: Rest (Yoga/Stretching)

week-4

Day 1: Squats (Legs)
Day 2: Push-Ups (Chest)
Day 3: Deadlifts (Back)
Day 4: Plank (Core)
Day 5: Pull-Ups (Back)
Day 6: Lunges (Legs)
Day 7: Rest (Yoga/Stretching)

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SERVICES

1. Personalized Workout Plans

- Tailored to your fitness level, goals, and schedule.
- Choose from a variety of workout styles, cardio, yoga, and more.

2. Goal-Based Plans

- Whether you want to lose weight, build muscle, improve flexibility.

3. Expert Guidance

- Access detailed exercise tutorials and tips from fitness experts.
- Ensure proper form and technique to maximize results and prevent injuries.

4. Nutrition Integration (Optional)

- Pair your workouts with personalized meal recommendations.
- Align your diet with your fitness goals for better results.

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PRICING

1 Month

₹999 per month

Perfect for those who want to try out the service or need short-term flexibility.

3 Month

₹2,499

(₹833 per month)
Save ₹498 compared to the monthly plan!

6 Month

₹4,499

(₹750 per month)
Save ₹1,495 compared to the monthly plan!

12 Month

₹7,999

(₹666 per month)
Best value! Save ₹4,989 compared to the monthly plan!

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Alex Trump

*Experience : 18+ years
Age : 45 years
Train : Male/Female
Known for : Injury
Prevention*



Alexa Trump

*Experience : 8+ years
Age : 35 years
Train : Male/Female
Known for : Injury
Prevention*

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BLOG

Achieve Your Fitness Goals with a Custom Workout Plan

A custom workout plan is your personalized blueprint to fitness success. Unlike generic routines, it's tailored to match your unique goals, fitness level, and lifestyle. Whether you aim to build muscle, lose weight, or improve endurance, a well-structured plan ensures every workout counts. With expert guidance, proper techniques, and progressive improvements. Plus, a custom plan adapts as you grow stronger, keeping you motivated and challenged.

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ABOUT-US



At CustomFit, we're dedicated to revolutionizing the way you approach fitness. Our mission is to provide personalized workout plans that adapt to your unique goals, lifestyle, and preferences. Whether you're aiming to build strength, lose weight, or improve your overall fitness, we combine expert knowledge with cutting-edge tools to create a seamless, results-driven experience. With progress tracking, flexible scheduling, and expert guidance at your fingertips, we're here to empower you every step of the way. Your fitness journey is personal, and we're committed to making it effective, enjoyable, and sustainable.

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SIGN-UP

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SIGN-UP

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