

About Pravin Kumar:

Hi, I'm Pravin, the coach behind fitwithpravinn. I'm an online fitness coach and fitness content creator who has helped people transform their bodies through structured training, sustainable nutrition, and consistent habits. With years of hands-on experience in fat loss, muscle building, and body recomposition, my approach is rooted in real-world practicality not crash diets or extreme workout routines. I focus on methods that are science-backed, sustainable, and tailored to individual lifestyles, because long-term results matter more than short-term hype.

What makes my coaching different is personal involvement and accountability. I don't believe in copy-paste plans or generic advice. Every client I work with gets structured guidance, progress tracking, and continuous plan adjustments based on how their body responds. Whether your goal is fat loss, muscle gain, or overall fitness, my responsibility as a coach is to guide you clearly, honestly, and consistently through the process. Results come from discipline, structure, and patience and my job is to make sure you stay on track.

Total courses: 4

1. FOUNDATION PLAN

Customised Diet + Workout Plan (One-time)

Duration Price (₹)

One-time **2,000**

2. GUIDED TRANSFORMATION

1. Weekly check-in via google form
2. Monthly 1 session (3+1 sessions for 3 months plan)
3. 8 hrs text support
4. Personalised diet plan
5. Personalised workout plan

Duration	Price (₹)	Effective / Month Notes
1 Month	4,000	₹4,000 High entry
2 Months	7,500	₹3,750 Minor relief
3 Months (Recommended)	11,000	₹3,667  Best value
6 Months	20,000	₹3,333 Commitment bonus

3. STRUCTURED COACHING

1. Weekly check-in via google form
2. Monthly 2 online (6+2 sessions for 3 months plan)
3. 12 hrs text support
4. Personalised diet plan
5. Personalised workout plan
6. 1 session can be rescheduled if the session is missed

Duration	Price (₹) Effective / Month	Notes
1 Month	5,500 ₹5,500	Premium entry
2 Months	10,500 ₹5,250	Small relief
3 Months (Recommended)	14,000 ₹4,667	 Best value
6 Months	26,000 ₹4,333	Serious clients

4. ELITE 1:1 COACHING

1. Weekly check-in via google form
2. Weekly sessions (12+1 sessions for 3 months plan)
3. 24hrs text support
4. Personalised diet plan
5. Personalised workout plan
6. 2 sessions can be rescheduled every month if the session is missed

Duration	Price (₹) Effective / Month	Notes
1 Month	7,000 ₹7,000	Premium
2 Months	13,500 ₹6,750	Minor save
3 Months (Recommended)	18,000 ₹6,000	 Best value
6 Months	34,000 ₹5,667	Long-term elite