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## **BODY SHAPE**

In here we will help you to shape and build your ideal body and live your life to the fullest.

Get Started →





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# BUILD YOUR BEST BODY

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#### Flex Muscle

Creating tension that's temporarily making the muscle fibres smaller or contracted.





#### **Cardio Exercise**

Excercise your heart rate up and keeps it up for a prolonged period of time.



#### **Basic Yoga**

Diaphgramatic this is the most common breathing teechnique you'll find in yoga.

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## **Weight Lifting**

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Attempts a maximum
weight single lift of a
barbell loadec
weight plates. Register Now

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## WHY CHOOSE US

Choose your favorite class and start now. Rememeber the only bad workout is the one you didn't do.

200+

50+

Total Membership

Best Trainers

25+

100+

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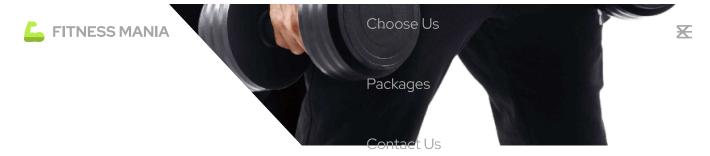
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#### **BASIC PACKAGE**

## ₹12000

- O1 Sweatshirt
- Ø 01 Bottle of Protien
- Access to Videos
- Muscle Stretching

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₹25000



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Ø 5 Days in a week.

Ø 01 Sweatshirt

Ø 01 Bottle of Protien

Access to Videos

Personal Trainer

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Weight	Contact os	kg
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