**Programs**

Homework Workout

When one begins a workout plan this usually targets the large muscles that provide stability and core strength. There is no need for any special equipment, you can do the exercises together or split them up throughout the day.

* Strength Training
* Body Weight / Free Weight / No Equipment Used
* Weight Training
* Shape Up
* Transformation
* HIIT/ Cardio/ Intense / Functional

Gym Workout

This is specially targeted for those people who would like to use various machines to assist them with their training.

* Gym workout is great as you have the use of various machines.
* Strength Training
* Body weight / Free Weight / No Equipment
* Weight Training
* Shape up
* Transformation
* HIIT/ Cardio / Intense / Functional / Cross Fit

Advanced Plan

This plan is highly recommended for those people who wants to reach their goals within a short timespan whether it is for a photo-shoot or competition.

* Strength Training
* Body Weight / Free Weight / No equipment
* Weight Training
* Shape UP
* Transformation
* HIIT/ Cardio / Intense/ Functional / Cross Fit
* Diet Plan
* Workout plan
* Weekly Consultancy
* Customisation Plans