



Just dropped in to say "Haters Gonna Hate" One month Natural Transformation DM fr ur transformation #personaltrainer #fitnesslifestyle. motivation , it's about right plan nd obviously my clients hard work !!! People always ask me about If they need to stop complete carbs for fatloss.



# MUSCLE GAIN



@omkar\_chandane. No fat burner or any illegal substance used Just did some changes in his daily calorie intake nd Diet Program \*Power of Nutrition \*Hardwork \*Right guidance \*DM fr ur transformation \*Paid Diet-Workout plans

Good example of Hardwork , consistency under Right guidance... Stay motivated !!! @im\_rekcah. Muscle gain plan #weightlossjourney #fatloss #noroids #naturaltransformation #diet #training #fitnessmotivation #exercise #achievement #happy





If they need to take Fat burner pills that can help ? Answer is NO , u need right plan and sustainability Without it u can't do anything... Feeling proud of @sameercool1896 DM fr ur transformation ☺ #personaltrainer #fitnesslifestyle #weightlossjourney #fatloss #noroids #naturaltransformation #diet #training #fitnessmotivation #exercise #achievement #happy



# Fat Loss



If he can why can't you ... ? It take sacrifices ☺ your 100% dedication , focus on your goals , hunger to achieve your dream Nd most important Correct guideline ! Stay motivated @ratneshv ☺ @goldsgymsinhgadroad #thursdaymotivation #personaltrainer #fitnesslifestyle #weightlossjourney #fatloss #diet #training #fitnessmotivation #exercise #achievement #happy 118w

#transformation Again Guys, Good example of Hardwork , consistency under Right guidance... Stay motivated !!! @neerajlondhe @goldsgymsinhgadroad #personaltrainer #fitnesslifestyle #weightlossjourney #fatloss #noroids #naturaltransformation #diet #training #fitnessmotivation #exercise #achievement #happy 107w





STAY HOME , STAY FIT !!! Client getting results !!! HOME WORKOUT 🏠 One of my dedicated client 👤 DM fr ur transformation 📧 Paid Diet-Workout plans . #personaltrainer #fitnesslifestyle #weightlossjourney #fatloss #noroids #naturaltransformation #diet #training #fitnessmotivation #exercise #achievement #happy 15w



# Fat Loss



Train insane or remain the same !!! If u slacked off this week just get back on track , put in that work and enjoy the process ... Stop wishing Start doing !!! Do it for you bcoz you will be amazed at what you are capable of doing DM fr ur transformation 📧 Paid Diet-Workout plans .

This makes me most happy when I get a chance to transform someone from my family ... my lovely sister Vaishnavi 👤 You have done gr8 work with hardwork , consistency nd right guidance... Your transformation for those who give house-work , kitchen-work n blah blah excuses ... Just take a look ! She is housewife , freelance beautician nd most importantly she's a mother , Bt irrespective of that she manages all this DM for ur transformation 🏠





# The benefits of fitness classes

Hardwork , consistency under right guidance 🏋️💪 100% Dedication from working out to eating right in small portions. Muscle gain plan 💪 DM fr ur transformation 📧 #personaltrainer #fitnesslifestyle #weightlossjourney #fatloss #noroids #naturaltransformation #diet #training #fitnessmotivation #exercise #achievement #happy 44w



Awareness is a key ingredient in success !!! If you have it , teach it ... If you lack it , seek it !!! Had a gr8 Fitness counselling session yesterday at Baner with this ppl... Never thought they all would be interested to sit from 10 am to 1 pm 🙄 bt it showed their love , awareness towards fitness !!! #sundaymorning #growing #learning #fitness #counseling #health #nutrition #workout #positivevibes #happy #luvwhatido



When people perform exercises on their own, it's very common for them to skip exercises they don't enjoy performing or are unsure if they are performing correctly. In a small group class setting, the instructor will tailor the class program to include the most beneficial and relevant exercises for the specific group, and provide supervision at all times to ensure each participant is using proper form and technique. In this way, they will get to enjoy a great work out that is safe, fun, and effective.

