



Sourish Learns From PalUpNow! Fitness Coach Kanishka Banerjee

Sourish Sen had a detailed conversation with PalUpNow! fitness coach Kanishka Banerjee and shared his physical and mental challenges in private.

Sourish then defined a wellness routine for himself with Kanishka's feedback in mind. In this blog, he shares easy fitness and nutrition tips that almost everyone can incorporate into their busy lives without too much overhead.

Sourish Summarizes His Wellness Routine For Us



Sourish Routine #1



Sourish Routine #2



Sourish Routine #3

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Best regards,
PaUpNow! **Team**.



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