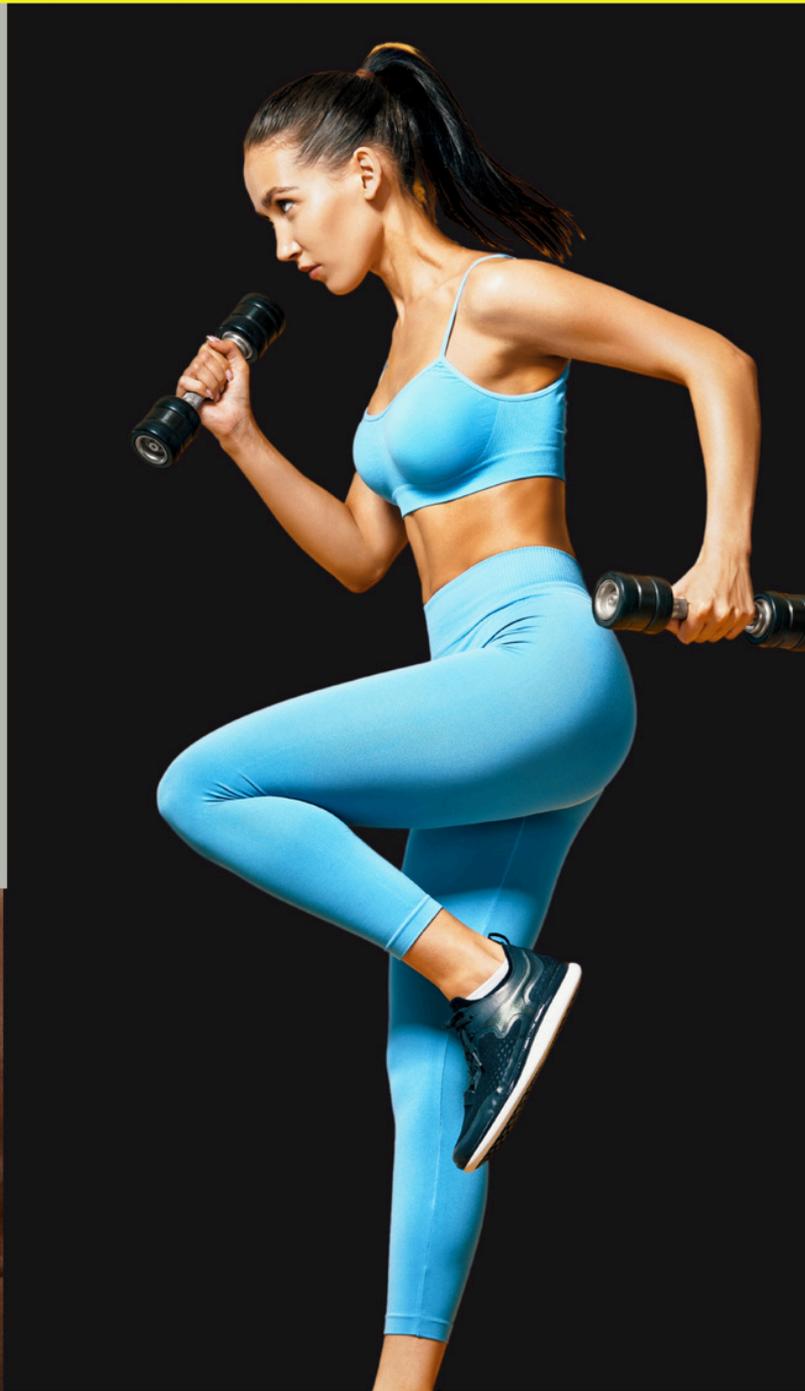


FOUNDATIONS - FAT LOSS & MUSCLE BUILDING

THE
MIND BODY
LAB



E-BOOK

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FAQS & DISCLAIMER



HEY, I'M SHRIRAM

Certified Nutritionist & Fitness Coach
Certified Meditation Trainer in the Heartfulness system

shriram

LET'S DO IT!



TO THE COURSE

WELCOME TO THE COURSE

WELCOME TO THE COURSE

WELCOME TO THE COURSE

Welcome

TO THE COURSE

Science-Based & Practical:

-This guide is built on proven fitness science—simple, effective strategies you can actually follow in real life, not confusing theories.

WELCOME TO THE COURSE

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WELCOME TO THE COURSE

W

Beginner to Advanced Friendly:

- Whether you're just starting or already training, this blueprint helps you build a strong foundation for fat loss, muscle growth, and long-term health.

Sustainable & Indian Lifestyle Focused

- Designed around Indian food habits, busy schedules, and realistic routines—so you can stay consistent without extreme dieting or burnout.

TO THE COURSE

WELCOME TO THE COURSE

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WELCOME TO THE COURSE

Developing

A STRONG FITNESS FUNNEL

01

FUNDATIONS OF FITNESS

- Understand how your body works – metabolism, hormones, recovery & energy systems
- Build correct habits for long-term fitness, not temporary results

02

FATLOSS STRATEGY

- Science-backed fat loss principles without starvation or crash diets
- Smart calorie control with flexible food choices

03

MUSCLE BUILDING STRATEGY

- Progressive overload principles simplified for beginners
- Muscle growth without steroids or unhealthy shortcuts

04

SCIENCE BASED DIET PLAN

- Meal timing, portion control & hydration strategies
- Diet structure that supports fat loss and muscle gain together

05

SCIENCE BASED WORKOUT PLAN

- Structured training split for beginners to intermediate levels
- Proper exercise selection, form awareness & injury prevention
- Home & gym workout adaptability

CHAPTER NUMBER 1

FOUNDATION

FOUNDATION

1. Warrior Mindset & Consistency

- The "Sankalpa" (Resolve): Fitness is not a 30-day challenge; it is a lifelong duty (Dharma) to your body.
- Discipline > Motivation: Motivation is like a starter motor; discipline is the engine. Do not rely on "feeling like it".
- The 80/20 Rule: Be 100% disciplined - 80% of the time. Enjoy weddings, festivals, and family dinners guilt-free during the other 20%, but get back on track the next meal.

2. Indian Food System Explained

- The "Carb Trap": The typical Indian diet is 70-80% carbohydrates (Rice + Roti + Potato). We need to flip this.
- Protein Deficiency: Most Indian vegetarians consume less than 0.6g protein per kg/bodyweight. The goal is 1.2g to 1.6g.
- The "Tadka" Factor: A healthy Dal becomes calorie-dense when 3 tablespoons of oil are added. Measure your oil.
- Volume Eating: Use Indian vegetables (Lauki, Tinda, Spinach, Cabbage) to fill the stomach without adding many calories.



3. TRAINING FUNDAMENTALS (STRENGTH VS CARDIO)

- Strength Training (Anaerobic): Lifting weights or bodyweight. This builds muscle, increases metabolism (BMR), and strengthens bones. Priority #1.
- Cardio (Aerobic): Walking, running, swimming. Good for heart health and extra calorie burning. Priority #2.
- NEAT (Non-Exercise Activity Thermogenesis): Steps taken daily. Aim for 8k-10k steps outside of the gym.

4. Recovery, Sleep & Stress

- Sleep (Nidra): Muscle is broken in the gym and built in bed. 7-8 hours is non-negotiable.
- Cortisol: High stress increases belly fat storage.
- Active Recovery: Yoga, stretching, or light walking on rest days.



CHAPTER NUMBER 2

FAT LOSS STRATEGY

Topic	Key Scientific Insight	Strategic Action	Common Mistake
Insulin Sensitivity	Indians are prone to insulin resistance	Reduce Maida (refined carbs) & Sugar	Starving (crashes metabolism)
Visceral Fat	Dangerous "Pot Belly" organ fat	Maintain sustained calorie deficit	Doing crunches (cannot spot reduce)
Protein Timing	Reduces hunger & cravings	Include protein in <i>every</i> single meal	Thinking protein is only for "bodybuilders"
Carb Control	High density in Indian staples	2 Roti instead of 4; replace with Dal/Salad	Banning rice/roti completely (unsustainable)
Liquid Calories	Fast sugar spikes insulin	Avoid sugary chai, fruit juices, and soda	"Healthy" juices are still liquid calories
Training Focus	Compound movements burn more	Prioritize Squats, Pushups, and Deadlifts	Only doing bicep curls/isolation

CHAPTER NUMBER 3

MUSCLE BUILDING STRATEGY

Category	Target / Principle	Indian Diet Source	Strategic Note
Calorie Target	Surplus: +200 to +500 kcal/day	Clean surplus: Paneer, Curd, Ghee (mod)	Avoid "Dirty Bulking" (sweets/oils)
Protein Target	1.6g to 2.2g per kg bodyweight	Soya, Chicken, Whey, Egg Whites	Necessary for repairing muscle fibers
Training	Progressive Overload	More weight, more reps, or better form	Lifting the same weight for months
Pre-Workout	Complex Carbs for energy	Oats, Banana, or Poha	Eat 45-60 mins before training
Post-Workout	Fast Protein + Carbs	Whey/Egg Whites + Rice/Potato	Shuttles nutrients to muscle quickly
Recovery	Muscle repair happens during rest	7-8 hours of deep sleep	Overtraining without rest days

CHAPTER NUMBER 4

BODY RECOMPOSITION



Component	The Recomposition Protocol	Goal / Success Metric
Calorie Logic	Near maintenance (Slight deficit/surplus cycling)	Fat loss with no loss in muscle mass
Protein Target	High: 1.8g to 2.2g per kg bodyweight	Maintenance of lean tissue in deficit
Training Type	Consistent Progressive Resistance (3-5x/week)	Signals body to keep muscle while burning fat
Activity (NEAT)	High Non-Exercise Activity (Steps/Standing)	Keeps metabolic rate high without fatigue
Sleep	Strict 7-9 hours	Hormonal environment for fat oxidation
Progress Check	Scale may stay same; clothes fit better	Waist measurement down; strength up

CHAPTER NUMBER 5

MACRO & CALORIES

Choosing THE RIGHT GOAL

Goal	Calorie Goal	Protein (g/kg)	Cardio / NEAT	Tracking Metric
Fat Loss	-300 to -500 (Deficit)	1.2 - 1.6	High (10k steps)	Waist Tape / Scale
Muscle Gain	+200 to +500 (Surplus)	1.6 - 2.2	Low to Moderate	Strength / Photos
Recomp osition	Maintenan ce (0)	1.8 - 2.2	Moderate	Visual / Performanc e

MEMBERSHIP SIGN UP TO OUR NEW MEMBERSHIP

CHAPTER NUMBER 6

MONTHLY TRACKER

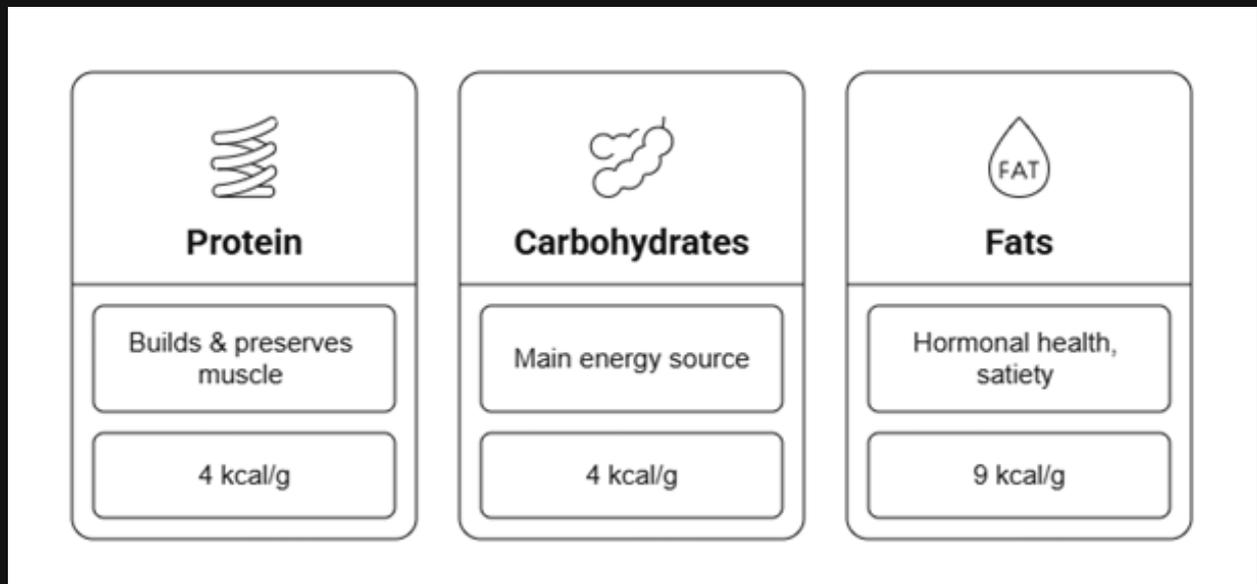
THE RIGHT GOAL

Week	Goal	Weight Avg	Waist (cm)	Lifting Strength	Compliance (%)
Week 1					
Week 2					
Week 3					
Week 4					
Notes					

CHAPTER NUMBER 7

METABOLISM

THREE TYPES OF MACROS



SIGN UP TO OUR NEW MEMBERSHIP

HOW TO CALCULATE OUR BMR & TDEE

Metric	Gender	Formula (Mifflin-St Jeor)
BMR	Male	$(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$
BMR	Female	$(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$
TDEE	All	$\text{BMR} \times \text{Activity Multiplier}$

Activity Level	Multiplier	Description
Sedentary	1.2	Desk job, little to no exercise.
Lightly Active	1.375	Light exercise/sports 1-3 days/week.
Moderately Active	1.55	Moderate exercise/sports 3-5 days/week.
Very Active	1.725	Hard exercise/sports 6-7 days/week.
Extra Active	1.9	Very hard daily exercise + physical job.

THE GOLDEN MACRO SPLIT

Goal	Calorie Target	Protein %	Fats %	Carbs %
Fat Loss (The Cut)	TDEE - 500	40%	30%	30%
Maintenance	TDEE	30%	35%	35%
Muscle Gain (Bulk)	TDEE + 300 to 500	30%	20%	50%

EXAMPLE: MALE, 30Y, 175CM, 75KG, MOD. ACTIVE

step	Description	Value	Unit
1	BMR Calculation	1,699	kcal
2	TDEE (1.55 multiplier)	2,633	kcal (Maintenance)
3	Fat Loss Target (-500)	2,133	Daily kcal
4	Protein Goal (40%)	213	grams
5	Fat Goal (30%)	71	grams
6	Carb Goal (30%)	160	grams

CHAPTER NUMBER 8

DIET BLUEPRINT

DIET FOR AGE GROUP 18 TO 40

Meal	Vegetarian	Non-Vegetarian	Egg	Vegan
Breakfast	Dosa (Paneer stuffing) + Mint Chutney	3 Egg Omelet + 1 Multigrain Toast + Veggies	3 Boiled Eggs + 1 Fruit (Apple/Papaya) + 5 Almonds	Oatmeal (Soy Milk) + 1 scoop Plant Protein + Berries
Lunch	Rice + Dal + Paneer/Tofu + Salad	Rice + 150g Chicken Breast Curry (less oil) + Salad	Rice + 3 Egg Curry (2 whole, 1 white) + Green Salad	1.5 Roti + 1 bowl Chickpea Curry + 1 bowl Soya Chunk Sabzi
Snack	1 Scoop Whey Protein OR Greek Yogurt + Berries	1 Scoop Whey Protein	2 Boiled Egg Whites + Green Tea	1 Scoop Plant Protein OR Handful Roasted Chana
Dinner	Big Bowl Salad + 150g Soya Chunk Pulao (light rice)	Big Bowl Grilled Fish/Chicken (150g) + Sautéed Veggies	Bhurji (3 Whites, 1 Yolk) + 1 Roti + Cucumber Salad	Big Bowl Tofu Stir-fry with Broccoli, Peppers & Mushrooms

DIET FOR AGE GROUP 40 TO 70+

Meal	Vegetarian	Non-Vegetarian	Egg	Vegan
Breakfast	1 bowl Daliya (Broken Wheat) with Veggies & Peanuts	2 Scrambled Eggs with Spinach & Mushrooms	2 Boiled Eggs + 1 bowl Papaya	Smoothie: Spinach, Cucumber, 1/2 Apple, Plant Protein
Lunch	Rice/Roti + 1 bowl Dal + 1 bowl Vegetables	Rice/Roti + 1 bowl Chicken stew (easy digest) + Salad	Rice/Roti + 2 Egg Curry + Cucumber Raita	Rice/Roti + 1 bowl Moong Dal + 100g Tofu Sabzi
Snack	Buttermilk (Chaas) with roasted flax seeds	Clear Chicken Soup OR Bone Broth	1 Boiled Egg + Green Tea	Green Tea + 5 Walnuts & 5 Almonds
Dinner	1 bowl Khichdi (more dal, less rice) + 1 tsp Ghee	Grilled Fish (100g) + Steamed Beans & Carrots	Egg Salad (2 hard boiled, lettuce, tomato)	Lentil Soup (Thick Dal) + Sautéed Veggies

CHAPTER NUMBER 9

HOME WORKOUT BLUEPRINT

WORKOUT FOR AGE GROUP 18 TO 40

HOME WORKOUT 4DAYS/WEEK

Exercise	Sets	Reps	Rest
Bodyweight Squats	4	20	45s
Pushups (Knees if needed)	3	Max	60s
Walking Lunges	3	12 per leg	60s
Glute Bridges	3	20	45s
Plank	3	30-60 sec	45s
Jumping Jacks / Burpees	3	30 sec	60s

WORKOUT FOR AGE GROUP 40 TO 70+

HOME WORKOUT 3-4DAYS/WEEK

Exercise	Sets	Reps	Rest
Chair Sit-to-Stands	3	10 to 12	60s
Wall Pushups	3	10 to 12	60s
Standing Hip Abductions	2	12 per leg	45s
Step-Ups (Low Step)	2	10 per leg	60s
Bird-Dogs	2	10 total	60s
Brisk Walk	1	20-30 mins	-

GYM WORKOUT BEGINNER BLUEPRINT

WORKOUT FOR AGE GROUP 18 TO 40+

GYM WORKOUT 3-4DAYS/WEEK

Exercise	Sets	Reps	Rest
Leg Press Machine	3	12-15	60s
Machine Chest Press	3	10 to 12	60s
Lat Pulldowns	3	12-15	60s
Seated Dumbbell Overhead Press	3	10 to 12	60s
Biceps curl	3	10 to 12	60s
Triceps Cable Pushdown	3	10 to 12	60s

WORKOUT FOR AGE GROUP 40 TO 70+

GYM WORKOUT 3DAYS/WEEK

Exercise	Sets	Reps	Rest
Leg Press Machine	2	12-15	90s
Chest Press Machine	2	10 to 12	90s
Seated Cable Row	2	12	90s
Bicep Curl & Tricep Pulldown	2	15	60s
Plank (Knees/Toes)	2	30 sec	60s
Elliptical / Cycle	1	15 mins	-

GYM WORKOUT ADVANCED BLUEPRINT

WORKOUT FOR AGE GROUP 18 TO 40+

GYM WORKOUT 5DAYS/WEEK

Day	Focus	Exercise	Sets	Reps	Rest
Day 1	PUSH	Barbell/DB Bench Press	4	08 to 10	90s
Day 1	PUSH	Overhead Press	3	10 to 12	90s
Day 1	PUSH	Tricep Rope Pushdowns	3	12-15	60s
Day 2	PULL	Pull-ups or Lat Pulldowns	4	08 to 10	90s
Day 2	PULL	Barbell/DB Rows	3	10 to 12	90s
Day 2	PULL	Bicep Curls (Bar/DB)	3	12-15	60s
Day 3	LOWER	Barbell Squats	4	10 to 12	2-3m
Day 3	LOWER	Romanian Deadlifts	3	10 to 12	90s
Day 3	LOWER	Walking Lunges	3	20 steps	60s
Day 4	UPPER	Incline DB Press	3	10 to 12	90s
Day 4	UPPER	Cable Face Pulls	3	15-20	60s
Day 4	UPPER	Lateral Raises	4	15-20	45s
Day 5	LOWER	Leg Press	3	12-15	90s
Day 5	LOWER	Leg Curls (Machine)	3	12-15	60s
Day 5	LOWER	Calf Raises	4	15-20	45s

WORKOUT FOR AGE GROUP 40 TO 70+

GYM WORKOUT 4DAYS/WEEK

Day	Focus	Exercise	Sets	Reps	Rest
Day 1	PUSH	Machine Chest Press	3	10 to 12	90s
Day 1	PUSH	Seated DB Shoulder Press	3	10 to 12	90s
Day 1	PUSH	Tricep Extensions	2	12-15	60s
Day 2	PULL	Lat Pulldowns	3	10 to 12	90s
Day 2	PULL	Seated Cable Rows	3	10 to 12	90s
Day 2	PULL	Dumbbell Bicep Curls	2	12-15	60s
Day 3	LEGS	Leg Press (Controlled)	3	10 to 12	2m
Day 3	LEGS	Leg Extensions	2	12-15	90s
Day 3	LEGS	Calf Raises	3	15	60s
Day 4	FULL BODY	Dumbbell Deadlift (Light)	3	10	90s
Day 4	FULL BODY	Bird-Dogs (Core)	3	12	60s
Day 4	FULL BODY	Farmers Walk (Carry)	3	30s	60s
Day 5-6	CARDIO	Brisk Walk / Swimming / Yoga	1	30-45m	-

CHAPTER NUMBER 10

**SUPPLEMENTS, FAQs &
DISCLAIMER**

SUPPLEMENTS (TRUTH VS MYTHS)

1. WHEY PROTEIN:

IT IS NOT A STEROID. IT IS THE LIQUID LEFT OVER WHEN MAKING CHEESE/PANEER. SAFE FOR ALL AGES (18-60+). ESSENTIAL IF YOU CANNOT EAT ENOUGH DAL/CHICKEN.

2. CREATINE MONOHYDRATE:

THE MOST RESEARCHED SUPPLEMENT. HELPS STRENGTH AND BRAIN FUNCTION. DRINK 3-4 LITERS OF WATER WHEN USING IT.

3. MULTIVITAMIN:

GOOD INSURANCE POLICY FOR MICRONUTRIENTS.

4. FISH OIL (OMEGA 3):

EXCELLENT FOR HEART AND JOINT HEALTH, ESPECIALLY FOR THE 40-60 AGE GROUP.



FREQUENTLY ASKED QUESTIONS (FAQS)

1. WHO IS THIS EBOOK SUITABLE FOR?

THIS EBOOK IS DESIGNED FOR BEGINNERS, INTERMEDIATES, AND ANYONE LOOKING TO IMPROVE FAT LOSS, MUSCLE BUILDING, AND OVERALL FITNESS USING SCIENCE-BASED METHODS.

2. THIS PROGRAM SUITABLE FOR BOTH MEN & WOMEN?

YES. THE PRINCIPLES IN THIS EBOOK APPLY TO BOTH MEN AND WOMEN. ADJUSTMENTS ARE EXPLAINED BASED ON INDIVIDUAL GOALS, BODY COMPOSITION, AND ACTIVITY LEVELS.

3. CAN BEGINNERS FOLLOW THIS PLAN?

ABSOLUTELY. THE FOUNDATION SECTION IS SPECIALLY DESIGNED FOR BEGINNERS WITH CLEAR EXPLANATIONS AND SIMPLE STEPS.

4. DO I NEED A GYM TO FOLLOW THIS PLAN?

NO. THE CONCEPTS APPLY TO BOTH HOME AND GYM WORKOUTS. YOU CAN ADAPT EXERCISES BASED ON AVAILABLE EQUIPMENT.

5. IS THIS DIET VEGETARIAN-FRIENDLY?

YES. THE DIET PRINCIPLES WORK FOR VEGETARIAN, NON-VEGETARIAN, AND EGGETARIAN LIFESTYLES. FOOD FLEXIBILITY IS ENCOURAGED.

6. WILL THIS HELP IN FAT LOSS WITHOUT EXTREME DIETING?

YES. THE FOCUS IS ON SUSTAINABLE FAT LOSS WITHOUT CRASH DIETING, STARVATION, OR HARMFUL RESTRICTIONS.

7. CAN I BUILD MUSCLE WHILE LOSING FAT?

YES, ESPECIALLY FOR BEGINNERS OR THOSE RETURNING AFTER A BREAK. THE BOOK EXPLAINS HOW TO MANAGE NUTRITION AND TRAINING FOR BODY RECOMPOSITION.

8. HOW LONG DOES IT TAKE TO SEE RESULTS?

MOST PEOPLE START NOTICING VISIBLE CHANGES WITHIN 3-6 WEEKS IF THEY FOLLOW THE PLAN CONSISTENTLY.

9. IS CALORIE COUNTING MANDATORY?

NO, BUT UNDERSTANDING CALORIES AND PORTION CONTROL HELPS YOU MAKE BETTER FOOD CHOICES.

10. WHAT IF I MISS A WORKOUT OR DIET DAY?

PROGRESS IS ABOUT CONSISTENCY, NOT PERFECTION. RESUME YOUR PLAN WITHOUT GUILT.

DISCLAIMER

- IT IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT.
- RESULTS MAY VARY FROM PERSON TO PERSON BASED ON AGE, GENDER, GENETICS, HEALTH CONDITION, AND CONSISTENCY.
- THE AUTHOR IS NOT RESPONSIBLE FOR ANY INJURIES, HEALTH ISSUES, OR DAMAGES RESULTING FROM THE USE OF THIS INFORMATION.
- THIS PROGRAM IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.
- INDIVIDUALS WITH MEDICAL CONDITIONS (SUCH AS DIABETES, THYROID DISORDERS, HEART ISSUES, PREGNANCY, OR INJURIES) SHOULD SEEK MEDICAL APPROVAL BEFORE FOLLOWING THIS PROGRAM.
- ALL EXERCISES, NUTRITION TIPS, AND SUGGESTIONS ARE TO BE FOLLOWED AT YOUR OWN RISK.
- THE READER TAKES FULL RESPONSIBILITY FOR APPLYING THE INFORMATION PROVIDED IN THIS EBOOK.
- ALWAYS CONSULT A QUALIFIED DOCTOR OR HEALTHCARE PROFESSIONAL BEFORE STARTING ANY DIET, EXERCISE, OR LIFESTYLE PROGRAM.

THE COMPLETE HEALTH BLUEPRINT EDITION E-BOOKS

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THE COMPLETE HEALTH BLUEPRINT EDITIONS

FAT LOSS EDITION

THE
MIND BODY LAB

E-BOOK

WORKOUT &
DIET



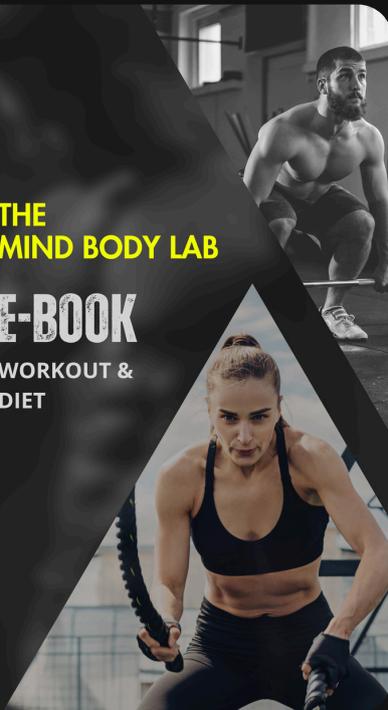
- SCIENCE-BASED FAT LOSS NUTRITION DESIGNED FOR INDIAN LIFESTYLES
- VEGETARIAN, NON-VEGETARIAN, EGGETARIAN & VEGAN APPROACHES
- SUSTAINABLE FAT LOSS WITHOUT STARVATION OR EXTREME DIETING
- CLEAR GUIDANCE TO ELIMINATE BELLY FAT, IMPROVE METABOLISM, AND MAINTAIN RESULTS
- PERSONALIZED WORKOUT GUIDANCE PROVIDED FOR BOTH MEN AND WOMEN BASED ON INDIVIDUAL REQUIREMENTS

MUSCLE BUILDING EDITION

THE
MIND BODY LAB

E-BOOK

WORKOUT &
DIET



- NATURAL MUSCLE GROWTH PRINCIPLES FOR INDIAN BODY TYPES
- STRUCTURED STRENGTH TRAINING AND RECOVERY STRATEGIES
- MUSCLE-BUILDING NUTRITION USING INDIAN FOODS
- DESIGNED FOR BEGINNERS TO INTERMEDIATE TRAINEES SEEKING LEAN, STRONG PHYSIQUES
- CUSTOMIZED WORKOUT PROGRAMS PROVIDED FOR MEN AND WOMEN ACCORDING TO GOALS AND EXPERIENCE LEVEL

THE COMPLETE HEALTH BLUEPRINT EDITIONS

WOMEN'S HEALTH EDITION

-PCOD/PCOS
-MENOPAUSE
-POST PREGNANCY
-THYROID

-WORKOUT & DIET-



THE
MIND BODY LAB
E-BOOK



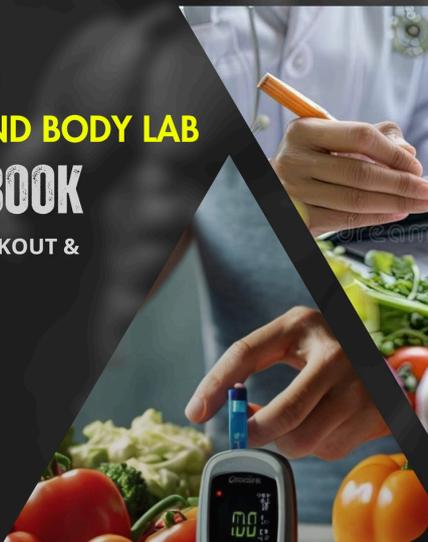
- SPECIALIZED GUIDANCE FOR PCOD/PCOS MANAGEMENT
- PREGNANCY, PRE-PARTUM & POST-PARTUM NUTRITION AND FITNESS
- HORMONAL BALANCE, STRENGTH, AND LONG-TERM WELLNESS
- SAFE, RESPECTFUL, AND EVIDENCE-BASED CARE FOR EVERY STAGE OF WOMANHOOD
- SAFE, STAGE-APPROPRIATE WORKOUT GUIDANCE PROVIDED EXCLUSIVELY FOR WOMEN

METABOLIC HEALTH EDITION

THE
MIND BODY LAB

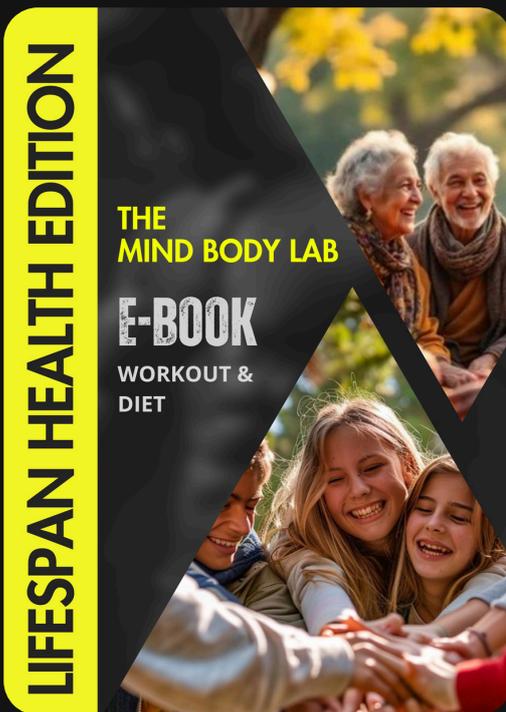
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WORKOUT &
DIET

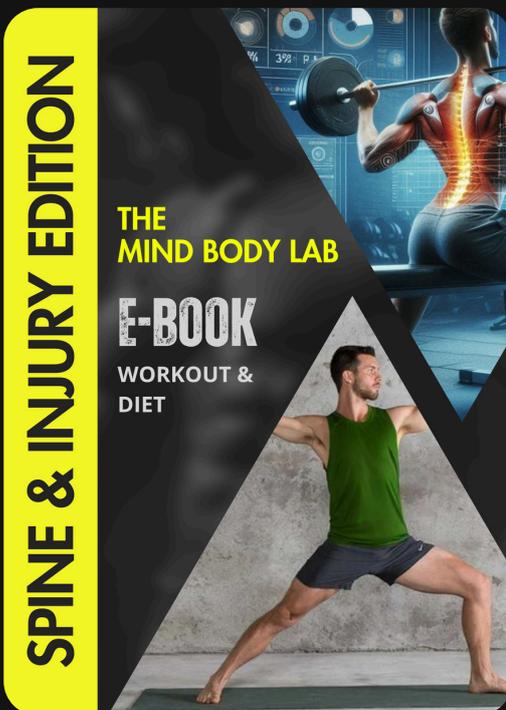


- LIFESTYLE-BASED MANAGEMENT OF DIABETES, THYROID, AND URIC ACID CONDITIONS
- NUTRITION STRATEGIES TO STABILIZE BLOOD SUGAR AND IMPROVE INSULIN SENSITIVITY
- EXERCISE AND RECOVERY PROTOCOLS TAILORED FOR METABOLIC HEALTH
- FOCUSED ON CONTROL, PREVENTION, AND SUSTAINABLE IMPROVEMENT
- CONDITION-SPECIFIC WORKOUT GUIDANCE PROVIDED FOR MEN AND WOMEN WITH METABOLIC CONCERNS

THE COMPLETE HEALTH BLUEPRINT EDITIONS



- NUTRITION AND MOVEMENT GUIDANCE FOR INFANTS, TEENAGERS, ADULTS, AND OLDER INDIVIDUALS
- AGE-APPROPRIATE STRENGTH, MOBILITY, AND RECOVERY STRATEGIES
- SUPPORTING GROWTH, PERFORMANCE, AND HEALTHY AGING
- A PRACTICAL APPROACH TO BUILDING HEALTH ACROSS EVERY STAGE OF LIFE
- AGE- AND GENDER-APPROPRIATE WORKOUT GUIDANCE PROVIDED FOR ALL LIFE STAGES



- EVIDENCE-BASED MANAGEMENT OF BACK PAIN (L3, L4, L5, CERVICAL & LUMBAR ISSUES)
- NUTRITION & LIFESTYLE STRATEGIES TO REDUCE INFLAMMATION AND SPEED UP HEALING
- SAFE EXERCISE & REHABILITATION PROGRAMS FOR INJURY RECOVERY AND SPINE SUPPORT
- LONG-TERM PREVENTION OF PAIN, POSTURE CORRECTION & MOVEMENT RESTORATION
- COMPLETE GUIDE TO BACK HEALTH, PAIN RELIEF & LONG-TERM MOBILITY

ONLINE COACHING

EVIDENCE-BASED NUTRITION COACHING

- FAT LOSS & BODY RECOMPOSITION**
- CUSTOM DIET PLANS (VEG & NON-VEG & VEGAN)**
- HOME & GYM WORKOUT PLANS**
- MOBILITY, STABILITY & FLEXIBILITY TRAINING**
- INJURY PREVENTION & RECOVERY TRAINING**
- PCOS / PCOD LIFESTYLE & MANAGEMENT**
- DIABETES FITNESS & DIET SUPPORT**
- POST-PARTUM RECOVERY**
- THYROID HEALTH-SUPPORTIVE NUTRITION**
- URIC ACID CONTROL**
- COMPETITION PREPARATION**
- STRICTLY NATURAL & WADA-COMPLIANT PROTOCOLS**

READY TO TAKE THE NEXT STEP? 🚀 COACHING PLANS AVAILABLE

WHAT YOU WILL GET.....

THIS IS NOT A GENERIC PLAN. YOU'LL GET CUSTOMIZED GUIDANCE BASED ON YOUR BODY, GOALS, LIFESTYLE, AND SCHEDULE.

- ✓ FULLY PERSONALIZED TRAINING & NUTRITION
- ✓ WEEKLY CHECK-INS &
- ✓ PROGRESS TRACKING
- ✓ REGULAR PROGRESS REVIEWS & MODIFICATIONS
- ✓ ACCOUNTABILITY AND CONTINUOUS GUIDANCE
- ✓ HABIT BUILDING AND CONSISTENCY COACHING
- ✓ ONE-WEEK 1-1 VIDEOCALL TRAINING GUIDE
- ✓ WHATSAPP SUPPORT



WELCOME TO THE COURSE WELCOME TO THE COURSE WELCOME TO THE COURSE WELCOME TO THE COURSE

Welcome

TO THE PACKAGES

ONE-TIME

3-MONTHS

6-MONTHS

12-MONTHS

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Consultation](#)



CALL-TO-ACTION

READY TO START YOUR TRANSFORMATION?

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shriramofcl

Developing

A BODY CALENDAR

DAY 01	
DAY 02	
DAY 03	
DAY 04	
DAY 05	

Thank you
FOR READING

**CONGRATULATIONS ON COMPLETING THIS JOURNEY
TOWARDS BECOMING A NEW VERSION OF YOU...!**



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