



GET IN
TOUCH
with **DEBJIT**

ARE YOU
READY
TO GET FIT?

We can comprehensively take care of your fitness needs by incorporating all fitness components in an unconventional way without machines and gymming drawing inspiration from Martial Arts, using Resistance Bands, Free hand exercise, Yoga, Bodyweight exercise, and Natural movements. Sport-specific training is undertaken to enhance performance at all levels.

Rehabilitation exercise programs and helping the special population to achieve individual goals is our priority.

Debjit Das



ACSM
CERTIFIED
PERSONAL TRAINER



Ashirbad, Solua Kalikanan,
Rajarhat, Kolkata, West Bengal
700136



+919831015717, +91 7003341031

In collaboration with



+91 9903460555



Eternis, Block F, 10A
59 Jessore Road (South)
Madhyamgram, Kolkata 700132

Be Healthy. Be Strong. Be You.
Be Healthy. Be Strong. Be You.



HELPING YOU TO TAKE CHARGE OF YOUR LIFE



PERSONAL TRAINER BENEFITS

A personal trainer can help you

- Stay motivated and avoid exercise boredom.
- Monitor your progress towards fitness goals and keep you focused.
- Identify weaker areas of your body and help you to get stronger and feel better.
- Make sure that you are exercising safely with proper technique.
- Get maximum results in minimum time with a program designed especially for you.
- Modify your workout program to accommodate specific needs for unique like arthritis, diabetes, heart condition, and obesity.
- Teach you new and exciting exercise techniques to enrich your fitness program.

WHAT WILL YOUR TRAINER DO?

- Fitness assessments
- Screening & risk classification
- Cardiovascular training
- Strength training
- Endurance training
- Flexibility training
- Weight loss
- Core stability
- Body transformation
- Balance training
- Sport-specific training
- Functional training
- Training for special population senior and kids
- Cardiac rehabilitation
- Post rehabilitation

Debjit Das

Fully Qualified Fitness Trainer, Coach & Motivator With Over 14 years Experience in the Health & Fitness Industry.

Fitness Trainer, Coach & Motivator.
American College of Sports Medicine Certified PT.
Certified Resistance Band Trainer.
Yoga Instructor/Therapist.
Black Belt in Karate.
Adult CPR/AED Certified.

FITNESS
IS FOR EVERYONE

