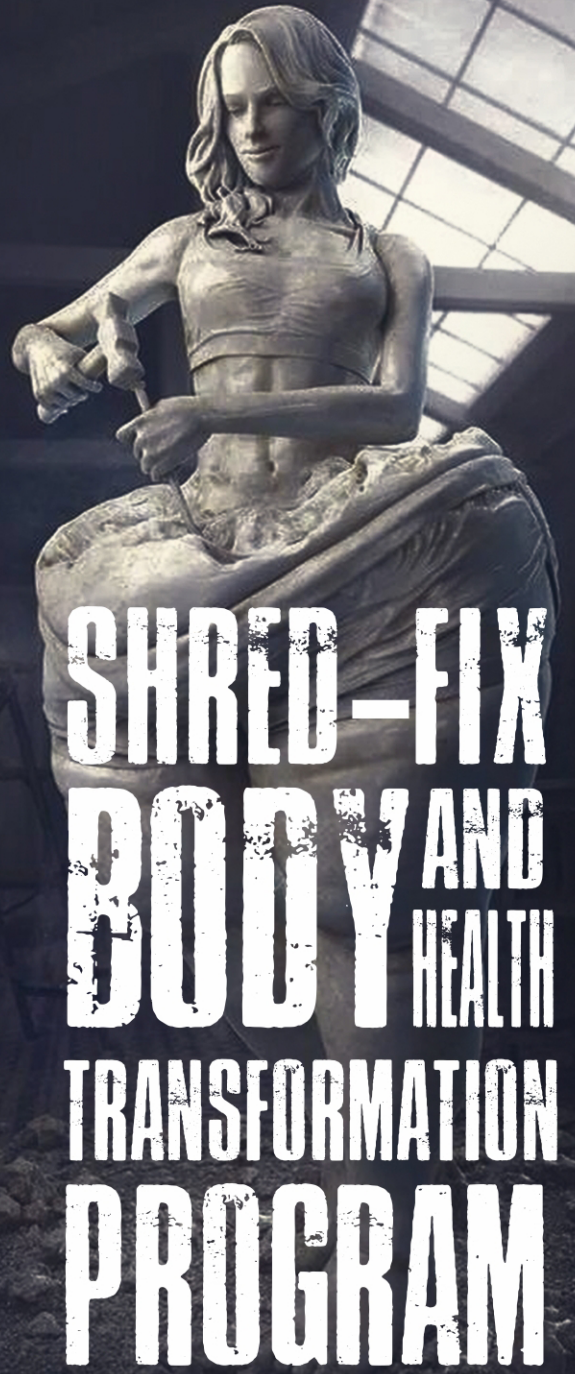


KSF

KIRAN SAGAR FITNESS



**SHRED-FIX
BODY AND HEALTH
TRANSFORMATION
PROGRAM**

www.shred-fix.com

WORLDWIDE ONLINE COACHING

+91 90081 77955 / +91 90191 69276

Instagram icon [kiran_sagar_fitness](https://www.instagram.com/kiran_sagar_fitness)

ABOUT Us

Shred Fix Aesthetic Transformation -Virtual Fitness and Nutrition Coaching was established by Founder - Kiran Sagar. Shred fix was found to provide premium level result oriented coaching and mentorship at affordable prices, At Shred Fix= Kiran Sagar personally coach each client to achieve their fitness & Healthy Lifestyle goals. The founder of KSF Healthcare & SHRED Fix Health & Body transformation Program -Kiran Sagar is a Certified Nutritionist from ISSA, USA (International Sports Science Association) & Active IQ Elite trainer. Kiran Sagar has done his Diploma from Active IQ, UK (Specialized in Personal Training and Fitness Instructor), Shred Fix Collaborate between health coaches, Physicians, Physios, Dieticians, and Exercise specialists to successfully empower clients to sustain lifestyle changes that truly transform health and wellness.



OUR SERVICES

- Weight/fat Loss Program.
- Premium Personal Training For Body Re-composition & Fat Loss & Muscle Gain.
- Natural Aesthetic Physique Transformation Training.
- Holistic Health Coaching For – Obesity/ Hypertension / Dyslipidemia / High Cholesterol/uric Acid /arthritis / Low Vitamin Levels.
- Diabetes II Prevention & Thyroid Management.
- Pcod / pcos Cure Program & Fertility Enhancement Program.
- Anti Ageing Nutrition Program.
- Pre-wedding Make over Program.
- Diet Consultation / Physiotherapy consultation.
- Pain Free Movement Therapy / Injury Rehabilitation Program.
- Back Pain & Neck Pain & Knee / shoulder / hip Pain Rehabilitation Program.

First Appointment For Transformation Coaching

First Appointment with Kiran Sagar- **Rs.1000/-** (Includes Body Assessment+Healthy Lifestyle Advice+ Nutrition Analysis + Fitness Advice)

- Consultation Duration 15 to 20 Minutes (Call+919008177955 to Book Appointment.
- Our exclusive consultation program is designed to be followed from across the globe.
- If you live in Different City or Country- The appointments happen over whatsapp/facetime/ phone as per your convenience for Non residents.
- We do not provide Diet plan or Workout plan in first appointment (Plans are tailored only to the Clients who has taken online & personal training packages).
- We will direct you to specific Health Checkup routines at minimal cost prior to joining any of below mentioned program.
- If you wish to join any of the below mentioned programs - this charges will be discounted from the total Fee.

WORLDWIDE ONLINE COACHING PRICING PLAN

Standard Plan-12 Weeks

₹ **18000/-**

12 Week Online Coaching (Customised Diet & Workout Program) Valid for 3 months

- Online Coaching Support Plan Validity - 12 Weeks
- Stage Wise-Customised Diet Plan-PDF
- Weekly Whatsapp Access to Kiran
- Weekly Assessment Call With Kiran
- Tailored Home/Gym Exercise Plan-Self Explanatory Video Links
- Grocery Shopping Links and List-PDF
- Healthy Cooking Video Links-PDF
- After First term Completion Renewal- 25% Discount
- Consultation Working Hours : IST 10 AM to 06 PM (Mon to Fri)
- Language Support: English,Kannada,Hindi
- Couple Joining together will get 10 % discount- INR 32,400

VIP Plan-16 Weeks

₹ **29500/-**

16 Week Online Coaching (Customised Diet & Workout Program) Valid for 4 months

- Online Coaching Support Plan Validity - 16 Weeks
- Stage Wise-Customised Diet Plan-PDF
- Regular Whatsapp Access to Kiran
- Weekly Assessment Call With Kiran
- Tailored Home/Gym Exercise Plan-Self Explanatory Video Links
- Grocery Shopping Links and List-PDF
- Healthy Cooking Video Links-PDF
- After First term Completion Renewal- 40% Discount
- Flexible Working Hours : IST 10 AM to 10 PM (Mon to Sat)
- Language Support: English,Kannada,Hindi
- Couple Joining together will get 15 % discount- INR 50,000

Economy Plan-6 Weeks

₹ **12000/-**

6 Week Online Coaching (Customised Diet & Workout Program) Valid for 6 weeks

- Online Coaching Support Plan Validity - 6 Weeks
- Stage Wise-Customised Diet Plan-PDF
- Weekly Whatsapp Access to Kiran
- Weekly Assessment Call With Kiran
- Tailored Home/Gym Exercise Plan-Self Explanatory Video Links
- Grocery Shopping Links and List-PDF
- Healthy Cooking Video Links-PDF
- After First term Completion Renewal- 10% Discount
- Consultation Working Hours : IST 10 AM to 6 PM (Mon to Fri)
- Language Support: English,Kannada,Hindi
- Couple Joining together will get 05 % discount- INR 22,800

One Time consultation + Plan

₹ **6000/-**

Online Consultation +Customised Diet + Workout Program Valid for one week

- One Time Customised Diet & Workout Plan
- 1 Assessment Call With Kiran Sagar
- 1 Program Induction call with Kiran
- 1 Week Whatsapp Access to Team
- Grocery Shopping Links and List
- Healthy Cooking Video Links
- Most People Need Continued Program Updated to Achieve goals
- Every Plan update & New Consultations will be Charged Extra



IT TAKES

4 WEEKS

FOR YOU TO SEE YOUR BODY CHANGING

IT TAKES

8 WEEKS

FOR YOUR FRIENDS AND FAMILY

IT TAKES

12 WEEKS

FOR THE REST OF THE WORLD

YOU CAN DO IT KEEP GOING

SHRED-FIX AESTHETIC TRANSFORMATION

www.shred-fix.com

KIRAN SAGAR FITNESS-(Health & Fitness Coaching)



▲ Worldwide Online Coaching Program Visit www.shred-fix.com



▲ For Serious Enquiries Whatsapp KSF Team +91 9019169276



▲ For more Details On Consultation & Appointments Visit www.ksfhealthcare.com



▲ Premium Natural Body & Health Transformation Program (Online & In Person)

