



MEET YOUR MOVE (MYM) - MEET YOUR HIDDEN YOU

Welcome to Meet Your Move, where we don't just train—we transform. Whether you want to master calisthenics, street lifting, hybrid training, or recover post-injury, our programs are designed to push your limits, sharpen your skills, and make you unbreakable.

Every program includes exclusive app support to track progress, get personalized guidance, and stay connected with elite coaching.




by **ROY SIR**


MYM SERIES - THE ULTIMATE TRAINING EXPERIENCE

◆ For: Those who want full support, in-depth guidance, and structured training for peak performance. 🔥 This is NOT just a workout—it's an entire system to build an elite athlete.

💥 What You Get:

- ✓ Custom Warm-up Routines – Tailored to your mobility, activation, and injury prevention needs
- ✓ Elite Workout Plans – Strength, endurance, movement, and flexibility combined
- ✓ Skill Training – Handstands, planche, levers, presses, and more
- ✓ Injury Prevention & Rehab Protocols – Bulletproof your body
- ✓ Dynamic Movement & Flow Work – Unlock agility, control, and power
- ✓ Complete Diet Planning – Fuel your body for performance

 Schedule: 6 days a week

 Fees: ₹15,000 for 3 months


HYBRID POWER - MASTER STRENGTH & ENDURANCE



◆ For: Those who want a brutal mix of strength and endurance with no limits. 🔥 Build power, stamina, and mental toughness.

💥 What You Get:

- ✓ Hybrid Training Methodology – A fusion of calisthenics, functional strength, and high-intensity endurance
- ✓ Extreme Strength & Power Workouts – Test your limits and grow stronger
- ✓ Endurance & Stamina Challenges – Push past fatigue with next-level training
- ✓ Unbreakable Mental Toughness – Build grit through relentless workouts

 Schedule: 5 days a week



💰 Fees:


- ₹4,000 per month
- ₹8,000 for 3 months
- ₹15,000 for 6 months
- ₹28,000 for 1 year


ELITE - MASTERCLASS FOR COACHES

- ♦ For: Coaches and trainers who want to elevate their coaching game and master advanced training methodologies. 🔥
- This is where coaches become NEXT-LEVEL trainers.

💥 What You Get:

-  Advanced Strength & Mobility Training – Gain expertise in programming and movement science
-  Skill Mastery for Coaching – Learn advanced progressions and regressions

 Schedule: 3 days a week

 Fees: ₹8,000 for 3 months


CALI-101 - BODYWEIGHT DOMINANCE & STREET LIFTING



◆ For: Those who want to master bodyweight training, street lifting, and dynamic calisthenics. 🔥 Not just basics—this is calisthenics at the highest level.

💣 What You Get:

- ✓ Progressive Calisthenics Training – From fundamentals to insane strength
- ✓ Static Holds & Advanced Skills – Planche, front lever, back lever, muscle-ups, handstands, and more
- ✓ Dynamic Calisthenics & Explosive Power – 360, pull-ups, bar skills, freestyle elements
- ✓ Street Lifting & Weighted Calisthenics – Heavy dips, pull-ups, and weighted muscle-ups
- ✓ Flexibility & Joint Conditioning – Move stronger, stay injury-free

 Schedule: 6 days a week





💰 Fees:


- ₹4,000 per month
- ₹10,000 for 3 months
- ₹18,000 for 6 months
- ₹32,000 for 1 year


REHAB-HUB - FROM RECOVERY TO STRENGTH

♦ For: Individuals recovering from surgery or major injuries who need a structured fitness comeback. 🔥 This isn't just recovery—it's rebuilding your body stronger than before.

💥 What You Get:

-  Rehab-Based Strength Training – Get stronger safely and effectively
-  Pain-Free Movement & Functional Recovery – Restore mobility and power
-  Personalized Plans for Post-Injury Strength Gains
-  The Bridge Between Physiotherapy and Full Fitness

 Schedule: 12 sessions per month

 Fees: ₹10,000 per month

Meet Your Move - The Future of Fitness is Here!

Transform your fitness journey with India's most comprehensive training experience. Whether you're aiming for elite strength coaching, mastering calisthenics, or recovering from injury, we've got specialized programs to match your goals.

Why Join Meet Your Move?




✓ Hybrid Training Excellence – From bodyweight mastery to weighted calisthenics ✓ Flexible Training Options – Access all programs ✓ Expert-Led Programs – Master advanced moves like planche, front lever, and muscle-ups ✓ Personalized Progress Tracking through our exclusive app

Choose Your Path to Excellence:

- MYM SERIES – The ultimate training experience
- 🏆 HYBRID POWER - Master both strength & endurance
- 👑 ELITE - Advanced coaching for coaches
- 💪 CALI-101 - Complete street workout mastery
- ⭐ REHAB-HUB - Professional injury recovery

Get Started Now:

♦ Download Meet Your Move App: [Android](#) [iOS](#)

 Book Your Free Assessment: +91 818880448  Visit Our Center: [Location](#)  WhatsApp Consultation: [WhatsApp](#)

Become Movemental today!