

# ABOUT ME



**Don't Dream,  
Start Today**

## WHO AM I ?

- I'm Vaibhav Kamboj certified Fitness Trainer and Bodybuilding Prep Coach from Dehradun (Uttarakhand). I provide Online Personal Training for transforming people.

## FITNESS & COACHING EXPERIENCE

- I have been doing training from past 4 years and transforming people from past 2 years.

## QUALIFICATION

- Certified :-
  - 1 - Fitness Trainer
  - 2 - Nutrition Coach
  - 3 - Bodybuilding & Contest Prep Coach



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**Instagram**



**Team Kamboj**

# PERSONAL TRAINING



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## BENEFITS OF ONLINE PERSONAL TRAINING

- This option of our online fitness classes is far superior to following a training video, fitness app or a generalised online weight loss program. This is because here the coach is able to assess your fitness and medical background in person (Video Call) and design a training plan which suits you the best.
- Another major benefit of this type of training is that because the online fitness coach is overseeing your movements, so chances of an injury due to wrong technique/posture are minimal.
- This will ensure that you are able to achieve your fitness goals most effectively, efficiently and safely.
- Our online fitness training programs are very effective for Fat Loss, Muscle Gain, Post-Injury Rehabilitation, Post Natal Weight Loss and improving Flexibility and Strength.



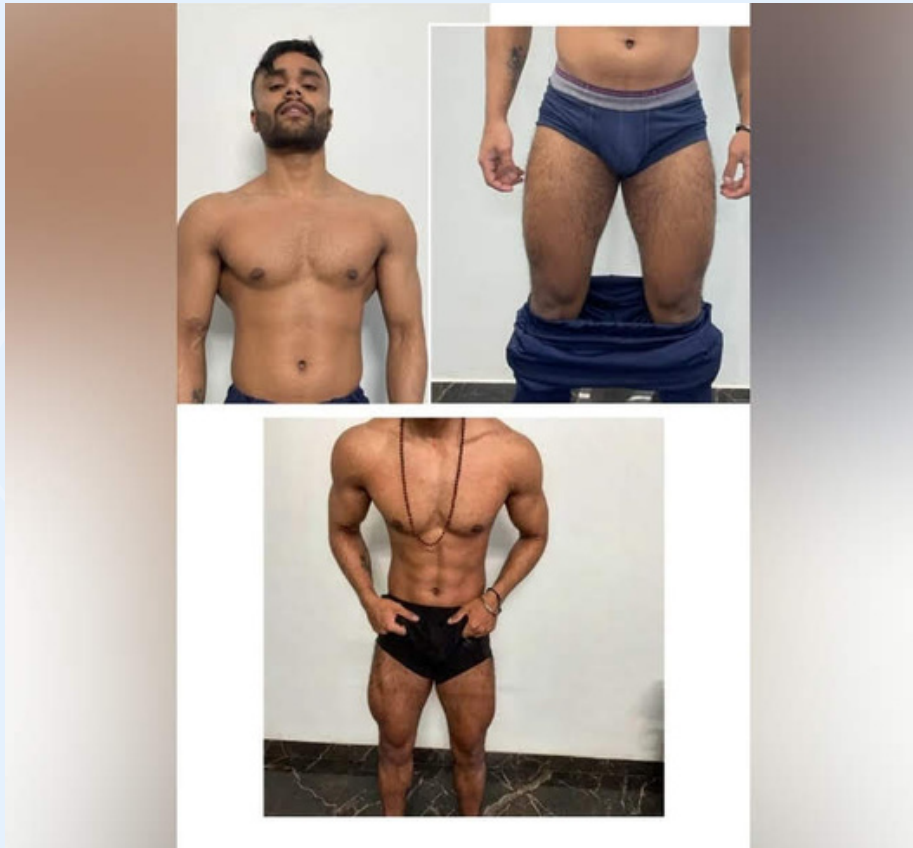
# WORK PORTFOLIO



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SOME CLIENT'S TRANSFORMATION PICS

## AMAN CHAUDHARY



Transformed in **8 Weeks Naturally**. Lost **7 kg of weight** in just 8 weeks of transformation.

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# WORK PORTFOLIO



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SOME CLIENT'S TRANSFORMATION PICS

## MOHIT YADAV



Transformed in **6 Weeks Naturally**. Gained **4 kg of Pure Muscle Mass** in just 6 weeks of transformation.

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# WORK PORTFOLIO



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SOME CLIENT'S TRANSFORMATION PICS

## DIMPLE KAUR



Transformed in 12 **Weeks Naturally**. She lost 10 **kg of fat** in just 12 weeks of transformation.

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# PERSONAL TRAINING PRICE LIST



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## 4 WEEKS TRAINING

₹ 999/-

- ✓ Personalized Nutrition Plan : You choose the foods
- ✓ Custom Workout Programs
- ✓ Regimented Cardio Plans
- ✓ 24/7 SUPPORT
- ✓ Weekly Check-Ins
- ✓ Tips, Advice & Motivation

## 12 WEEKS TRAINING

₹ 2499/-

- ✓ Personalized Nutrition Plan : You choose the foods
- ✓ Custom Workout Programs
- ✓ Regimented Cardio Plans
- ✓ 24/7 SUPPORT
- ✓ Weekly Check-Ins
- ✓ Tips, Advice & Motivation

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# PERSONAL TRAINING PRICE LIST



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## 16 WEEKS TRAINING

₹ 3499/-

- ✓ Personalized Nutrition Plan : You choose the foods
- ✓ Custom Workout Programs
- ✓ Regimented Cardio Plans
- ✓ 24/7 SUPPORT
- ✓ Weekly Check-Ins
- ✓ Tips, Advice & Motivation

## 1 ON 1 TRAINING

₹ 5999/-

- ✓ Personalized Nutrition Plan : You choose the foods
- ✓ Custom Workout Programs
- ✓ Regimented Cardio Plans
- ✓ Daily Meet-up
- ✓ Full support in Gym
- ✓ Proper Exercise check-up daily

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# EXTRA ADD ONS



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## ADD THESE WITH ANY PLAN

- Supplement Guidance >>> ₹ 499/-
- Anabolic Guidance >>> ₹ 1499/-

## CONSULT FOR ANY FITNESS ADVICE

- 15 min Call Consultant >>> ₹ 249/-
- 30 min Call Consultant >>> ₹ 649/-
- 1hr Call Consultant >>> ₹ 1199/-



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# CONTACT US



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## WANT TO TRANSFORM AND MAKE YOUR DREAM PHYSIQUE

Don't think of it. Just contact me on -:



Instagram - @vaibhavkambojofficial



Mail - contact@vaibhavkamboj.in



Whatsapp - +91 9760671121



**Team  
Kamboj**

