



CLIENT WELCOME PACK



BY ANIFIT TRAINING

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Introduction

An introduction from myself, where you'll learn who I am and what is my ideology.

03

The Process

Here we'll go through a step-by-step process and what will need to be done before our kick-off call.

09

Resources and Tools

Access a range of valuable resources such as workout guides, nutrition plans, and coaching support to keep you on your fitness journey.

10

Our Services

Find out what extra services we have that can help you to achieve your goals faster.

14

Communication

It's important for us to connect with you when you need to, here you'll find our best times to communicate.

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FAQ

Questions are great, they help us progress quicker! Look through our FAQ to see if there's any answers to questions you might have already.

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01

Welcome!

We are so excited to work with you!

We are thrilled to have you join our fitness family and embark on this transformative journey together. This welcome pack is your comprehensive guide to everything you need to know about our program and how we can support you in achieving your fitness goals.

Inside this welcome pack, you'll discover the heart of our program, including our tailored approach to fitness, the range of services we offer, how we'll keep in touch, and the valuable resources available to you.

We believe in the power of communication and accountability. Stay connected with us through regular check-ins, progress updates, and open lines of communication. Your success is our priority, and we are here to celebrate your milestones together!

Excitedly awaiting our journey together!

Varun Khandelwal

Accredited Exercise Scientist| Master
Personal Trainer| High Performance
Coach



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My name is Varun Khandelwal

A bit about myself - I am a fitness enthusiast and a accredited exercise scientist (ESSA). My journey begins from India where I am paying professional cricket. As a kid myself I was very unfit and had no idea how to improve like many others. I tried things on my own and nothing worked in my favour, that is when I got frustrated and really wanted to change myself and grow. I decided to study about exercise and wanted to devote my life guiding people to achieve the best version of themselves and create a positive and healthy community. I came to Australia in 2019 to pursue my Bachelors of Exercise and Sports science from Deakin University, Majoring in - Exercise physiology and Strength and conditioning training. But as we all know in 2020 early on Covid hit the entre world and that is when it struck me how important fitness and health is going to be for the rest of ours life. A promise I made to myself that day that I will guide the community and educate everyone about health and fitness and made it my goal. I am on a mission to change life through fitness and aim to help impact entire world with my knowledge and experience. I really appreciate you are taking to make yourself better (give a pat to yourself - you deserve the applaud). Let's make the world a better place and be the best version of ourselves.

**"Nothing is impossible. The word itself
says I'm possible."**

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03

The Process

Step One

Fill Out Your Coaching Agreement

Before we dive into your fitness journey, please complete the coaching agreement to ensure we are aligned on goals, expectations, and commitments.

Step Two

Read Through Your Welcome Pack

Take your time to go through the welcome pack thoroughly; it contains essential information about our program, services, and how to get started.

Step Three

Fill Out Your Questionnaire

Help us understand your fitness background, goals, preferences, and any challenges by filling out the questionnaire provided.

Step Four

Book in Your Kickstart Call

Schedule your kickstart call to discuss your questionnaire responses, set initial goals, and outline the next steps in your fitness journey.

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The Process

Step Five

Access the Community

Join our vibrant community of like-minded individuals for support, motivation, and valuable insights throughout your fitness journey.

Step Six

Get your Workout Program

Receive your personalized workout program designed to help you achieve your fitness goals effectively and safely.

Step Seven

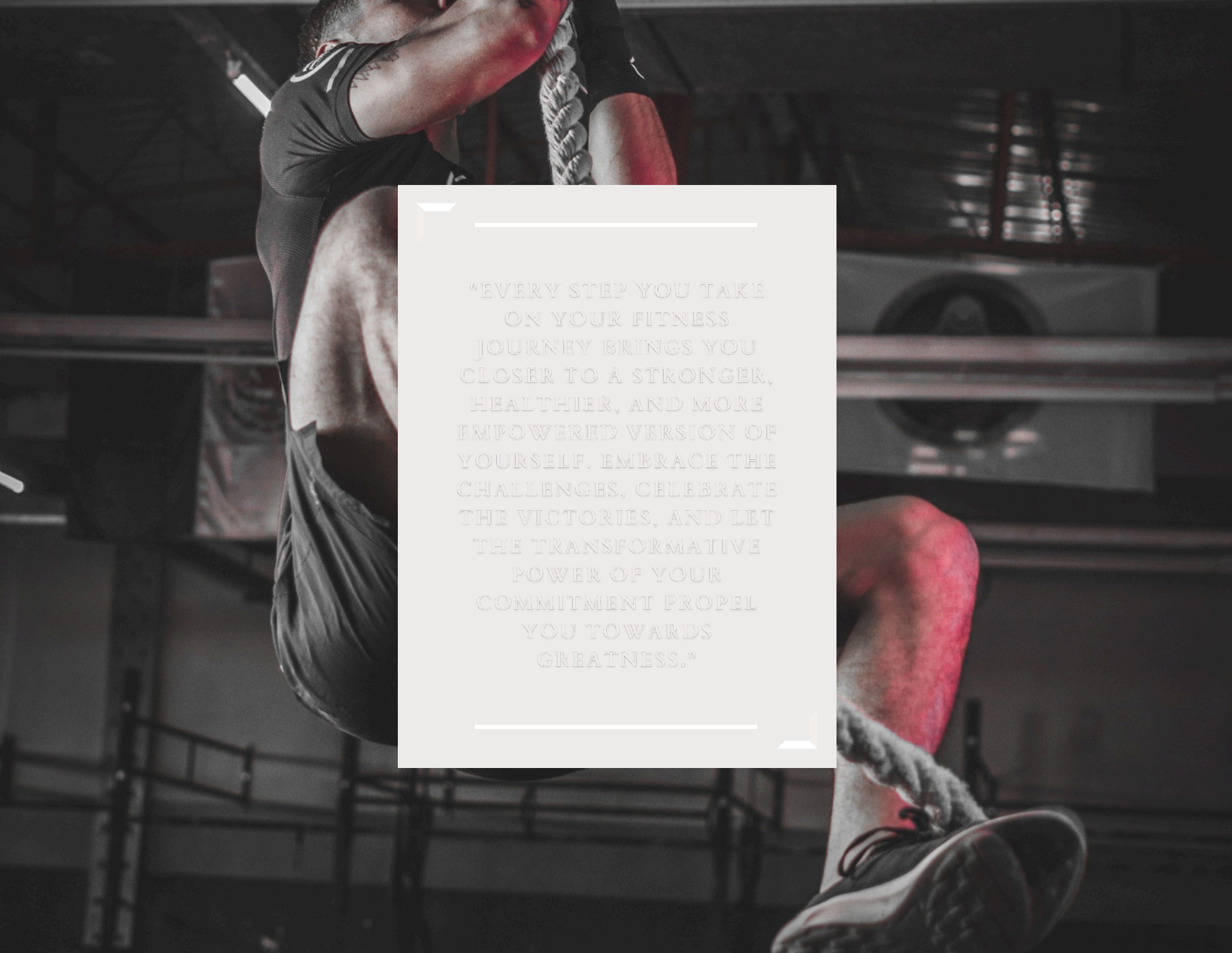
Get your Nutrition Plan

Receive guidance on nutrition tailored to complement your workout program and optimize your results.

Step Eight

Start your 1 on 1 Sessions

Begin your one-on-one sessions with your dedicated coach to receive personalized guidance, feedback, and support as you progress towards your fitness goals.

A person is shown from the waist up, performing a pull-up on a thick rope. They are wearing a black t-shirt and black shorts. Their arms are muscular and have tattoos. The background is a dark gym with various equipment visible. A white rectangular box with a drop shadow is centered over the image, containing a quote in a serif font. The box has small white L-shaped corner markers at the top-left and bottom-right.

"EVERY STEP YOU TAKE
ON YOUR FITNESS
JOURNEY BRINGS YOU
CLOSER TO A STRONGER,
HEALTHIER, AND MORE
EMPOWERED VERSION OF
YOURSELF. EMBRACE THE
CHALLENGES, CELEBRATE
THE VICTORIES, AND LET
THE TRANSFORMATIVE
POWER OF YOUR
COMMITMENT PROPEL
YOU TOWARDS
GREATNESS."

06

Here's What To Expect With Your Coaching

01

Setting Your Fitness Goals

We will work together to define clear and achievable fitness goals based on your aspirations, current fitness level, and lifestyle factors. When we set goals, it gives us a clear checkpoint to work towards!

02

Understanding The Journey

Get ready to understand the holistic nature of your fitness journey, encompassing physical, mental, and emotional aspects for long-lasting results.

03

Embracing The Process

Embrace the journey as we focus not just on outcomes but on sustainable habits, mindset shifts, and continuous improvement. I will be the first to say it won't be easy, but it'll be worth it.

04

The Power of Consistency

Consistency is key, and we'll guide you in creating a consistent routine as well as giving you the necessary tools that align with your goals, ensuring progress and success.

05

Support Systems and Resources

You'll have access to a wealth of support systems, resources, and tools, including coaching sessions, community support, and educational materials to empower your fitness journey.

07

Program Summary



Personalized Assessment

We begin with a thorough assessment of your current fitness level, health history, and goals to tailor a program specifically for you.



Progress Tracking

Track your progress through regular assessments, measurements, and performance evaluations to celebrate milestones.



Workout Plans

Personalized workout plans designed to challenge and progress you towards your fitness goals while taking in your preferences and abilities.



Support and Motivation

Receive ongoing support, encouragement, and motivation from our team and fellow members to stay focused and inspired.



Nutrition Plans

Receive expert guidance and personalized nutrition plans to fuel your body optimally, support your workouts, and achieve sustainable results.



Inner Community

Connect with like-minded individuals within our community to share experiences, challenges, and successes.

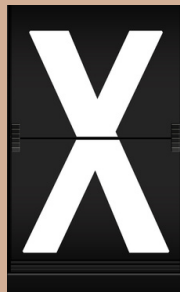
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Getting the Most Out of the Program

Things to do

- ✓ Have a clear intention behind your goals
- ✓ Be consistent with your plan
- ✓ Be diligent with tracking your progress
- ✓ Communicate with your coach
- ✓ Be diligent with tracking your progress
- ✓ Communicate with your coach

Things to avoid



- Ignoring feedback from your coach
- Not communicating or asking for help
- Comparing your results to others
- Setting goals with a clear intention
- Ignoring your nutrition
- Stress inducing tasks or environments

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Your Tools and Resources

01 Workout Plan and Training Tips

Will be provided separately by the coach

02 Meal Plan and Nutrition Guidance

Will be provided separately by the coach

03 Training Instructional Videos

Will be provided separately by the coach

04 Access to Your Coaches

Via messages or email (provided below)

05 Goal Tracking Sheets

Will be provided separately by the coach
(every 6-8 weeks)

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Our services



30 MINUTES 1 ON 1 TRAINING

- 1 ON 1 PERSONAL TRAINING
- Verbal nutrition Guidance and plan
- Monthly fitness assessment
- Time efficient and
- Ideal for beginners

70\$ PER WEEK

62\$ PER SESSION - 2/PER WEEK

24 WEEKS COMMITMENT REQUIRED



45 MINUTES 1 ON 1 TRAINING

- 1 on 1 personal training
- Written nutrition guidance and support
- Support outside the GYM
- Monthly check ins and assessments.
- Regular motivation and support for habit tracking

90\$ PER WEEK

82\$ PER SESSION - 2/PER WEEK

24 WEEKS COMMITMENT REQUIRED



2 ON 1 TRAINING

- Ideal for couples and friends
- More fun and challenging
- Personalised training and supervision
- Assessment at the start and the end of the programme

45\$ PER WEEK (30 MINUTES) 55\$ PER WEEK

(PER PERSON)

24 WEEKS COMMITMENT REQUIRED

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\$180- \$300

(6-12 weeks
block)

Program plan(online training)

Package Features:

- Written diet plans
- Written training program
- Excel document to track your progress
- Weekly check ins via message or video call (30-45 minutes)
- Diet recommendations
- Assessment every (6-8 weeks)
- Weekly support via messages



FAQ:

Who is this program for?

People who can not attend 1 on 1 training, Budget friendly, Have time restrictions or no fixed schedule and for people who wants flexible training according to their schedule.

How will it help?

Develop accountability, provide flexible training arrangement to help achieve your goals, Keeps you motivated and enhance productivity.

Hear what our clients are saying

" Program plans from Varun have really helped me to stay accountable and achieve my desired goals. He was really patient and understood my needs and catered to it amazingly well. "

— Claire

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Our Bonus Services



MINDSET TRAINING

Mindset training empowers individuals to achieve fitness goals by fostering positive attitudes, enhancing motivation, and building mental resilience, ensuring sustained commitment and progress in their fitness journey.

\$100/ Per month (1 session per
week - 30-45 minutes)



MOBILITY AND FLEXIBILITY MASTER CLASS

Whether you have current injury or returning after an injury or just to avoid soreness. All your goals are covered under one roof with our mobility and flexibility classes to help you move pain free and enhance joint mobility

\$110/ Per month (1 session per
week - 30-45 minutes)

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Client Homework

01 What is your 3 fitness & health goals? Be as specific as possible

02 Why are each of the goals above so important to you?

03 What have you done previously for exercise?

04 How can I as a coach help you the best throughout your journey?

05 How are you feeling about starting your journey?

14

Communication

Business Hours

Monday - Friday
9:00am - 5:00pm

Saturday - Sunday
Closed

Response Time

We will aim to respond as soon as possible and within our business hours Monday to Friday.



Access Your Community

Join the best teams and like minded people along side your journey and improve your fitness, while being social.

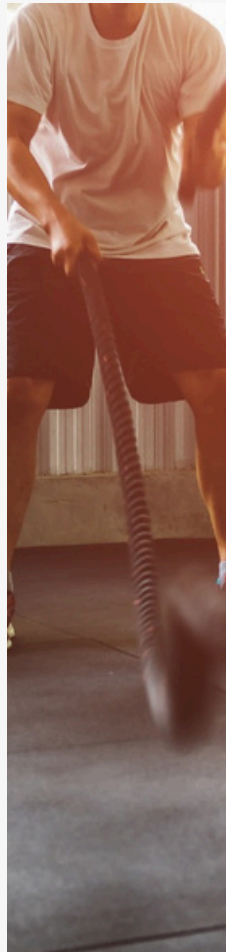
Preferred Contact Method

Preferred contact via phone or email (Details have been provided below)

Phone no. -
+61452504386
Email -
anifittraining@gmail.com

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Frequently Asked Questions



How long will it take to see results?

Results vary based on individual factors such as consistency, effort, and adherence to the program, but noticeable improvements in strength and energy levels can often be seen within a few weeks, with more significant changes typically visible within a few months.

Is it okay to work out when I'm feeling sore?

It's generally okay to engage in light exercise when experiencing mild soreness, but it's crucial to listen to your body. If the soreness is intense or affects your range of motion, it's best to allow for adequate recovery before intense workouts.

What supplements should I take, if any?

The need for supplements varies based on individual dietary habits and fitness goals. It's recommended to focus on a balanced diet first, however, we can give you some recommendations based on your needs.

How can I stay motivated to exercise regularly?

Find activities you enjoy, set achievable goals, vary your workouts, enlist social support, track your progress, and remind yourself of your reasons for wanting to stay fit to maintain motivation over the long term.

How can I track my progress effectively?

Use a combination of objective measurements such as weight, body measurements, fitness assessments, and subjective measures like energy levels, mood, and workout performance to track progress accurately over time. Keeping a workout log or using fitness apps can also be helpful in monitoring progress.

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THANK YOU

ARE YOU READY TO GET STARTED?

We want to extend our heartfelt gratitude for choosing us to help you in achieving your fitness goals. We are thrilled to embark on this journey with you and are committed to providing you with the support, guidance, and resources you need for success. Thank you for trusting us with your fitness journey, and we look forward to celebrating your achievements together!



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