

Sudam Shelar - Personal Fitness Trainer in Mumbai

**Address**

Mahakali Caves Chowki, Mahakali Caves Road, Andheri East, Mumbai, Maharashtra

Contact Person

Sudam Shelar

Mobile Number**Email**

sudamfitness99@gmail.com

I am Sudam Shelar, a certified personal trainer in Mumbai who is passionate about health and vitality. With my certifications and many years of experience as a personal instructor, I have come to efficiently devise workout routines that are customized and result-oriented. My prime focus always remains with the well being and overall health of my clients. Hence, I thoroughly understand the physical factors of every individual, such as age, occupation and food preferences, and then provide corrective training, core training as well as nutritional advice, to boost their capacity.

I believe in setting realistic goals and so, design training exercises that are dynamic but safe. I also track the progress of my clients and accordingly develop challenging and advancing training techniques for them.

I offer the following services across Mumbai,

1. PERSONAL TRAINING
2. MUSCLE REHABILITATION
3. YOGA / POWER YOGA TRAINING
4. GYM MANAGEMENT & SET UP
5. KICKBOXING TRAINING
6. DIET AND NUTRITION

For more details, please visit <https://www.ibizexpert.com/detail/sudam-shelar-personal-fitness-trainer-in-mumbai-mumbai-352377>
