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SFA Training Club – Shrey Kapoor

Program highlights:

- HIIT- It will be a high intensity cardio that will leave breathless body weight training- We shall make you the fittest version of yourself through free hand exercises.
- No equipment shall be required at all.
- Monday- Upper body + Core
- Wednesday- Lower body + Core
- Friday- Full body
- Other days workout charts shall be provided which can easily be performed at home without a fitness trainer's supervision.