

WELCOME TO **Fitmap** **GYM**

SATISH PARYADA
- *Founder*



FitMap

**Transformation
Stories...**



Begin Your Journey to ***FITNESS***





LOSING WEIGHT

PLANK JACKS





WEIGHTED REVERSE LUNGE PULSES

CRUNCHES





WEIGHTED SUMO SQUATS

BICYCLE CRUNCH



BIRD DOG IN PUSH UP POSITION





CHEST PRESS



BODY WEIGHT SQUATS

filmap

Azharuddin Workout





SHUFFLE **PUNCHES**



BACK KICK & SIDE KICK



LATERAL SHUFFLE PUNCHES

JACK & SIDE PUNCHES





SHUFFLE **PUNCHES**

SHEETALI Pranayam





fitmap

BHASTRIKA Pranayam

ANULOM VILOM Pranayam Box Breathing

