



*Instructor*

## **KARTIK DESAI**

Kartik Desai has done his Post Graduation in Sports Management with IISM. On the professional career front, he is the Sports Athlete Manager for many exceptional Indian sportsperson in collaboration with Sportwise India. He has been handling Operations for various Sports leagues such as Football ISL, X1 racing, Cricket Road Safety World series.

He has represented Maharashtra in the National games for Swimming and Rifle shooting. He is a Triathlete and currently pursuing his Ironman training. He is also training junior athletes for swimming and functional training.

# **FITNESS**

## **WEEK 1**

Every session shall have a warmup session before workout. This shall help in increased flexibility and lower risk of injury. This is followed with stretching which will help in improving posture, reduce stress and body aches.

Goal tracking discussion with basic nutrition plan discussion.

Upper Body exercise session for toning arms, chest, upper back.

## **WEEK 2**

Lower body workouts for strengthening legs and glutes. This helps in building endurance.

Concentrate on core workouts to build up balance and stability. It decreases lower back pain. A strong core helps achieve fitness goals faster.

## **WEEK 3**

Suryanamaskar workout session with concentration on breathing.

Combined workout session for Core and Lower.

## **WEEK 4**

Combined workout session for Core and Upper body.

High intensity Tabata session.