DISCOVERY GUIDE

Gym, Strength & Workout Planning

Lifestyle & Life Skills / Fitness & Everyday Wellbeing Guides

No standalone pathway purchase · One-time course fee · Gym Training for Beginners

INR 1,499

Access

6 months course access

Study plan

3-5 sessions weekly · adaptable plans and recovery days

Learning format

Public discovery guide; package delivery and inclusions must be checked separately

Programme overview

Build a realistic workout routine around goals, experience, available equipment and recovery while learning safe technique and gradual progression.

Who this is for

1. Adults seeking beginner-friendly gym orientation, safe strength-training habits, workout structure, recovery and progress tracking.

Published topics and learning focus

1. Complete a readiness and goal check
2. Learn warm-up and movement patterns
3. Build a balanced weekly split
4. Track sets, repetitions and recovery
5. Adjust volume gradually instead of chasing pain or exhaustion

Related package

The displayed fee and access belong to this existing course. Review its published lessons; personal consultations and in-person coaching are not included.

Gym Training for Beginners

Before you choose

1. General fitness education only. Seek medical clearance where appropriate and qualified in-person coaching for pain, injury, pregnancy, medical conditions or unfamiliar equipment.
2. This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
3. Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Enrol in Gym Training for Beginners

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.