

DISCOVERY GUIDE

Home Workouts, Mobility & Personal Fitness Plans

Lifestyle & Life Skills / Fitness & Everyday Wellbeing Guides

No standalone pathway purchase · One-time course fee · Home & Bodyweight Fitness Planning

INR 1,499

Access

6 months course access

Study plan

10-45 minutes · flexible weekly plans

Learning format

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

Programme overview

Choose a sustainable plan by ability, time and equipment, with clear movement alternatives, rest days and simple consistency tracking.

Who this is for

- 1 Adults who want flexible bodyweight, low-equipment, mobility and conditioning routines that can fit home, travel or a busy schedule.

Published topics and learning focus

- 1 Choose a suitable beginner, intermediate or low-impact plan
- 2 Use a short dynamic warm-up
- 3 Combine strength, mobility and conditioning
- 4 Schedule rest and recovery
- 5 Review consistency and progress every week

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.

[Home & Bodyweight Fitness Planning](#)

Before you choose

- 1 Stop if you feel chest pain, faintness, severe breathlessness or sharp pain and seek appropriate care. Programmes do not diagnose conditions or replace a clinician or physiotherapist.
- 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 Home & Bodyweight Fitness Planning](#)

[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.