

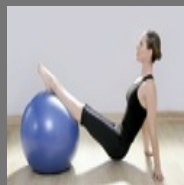


+91-8066085846

Club Xcell

<https://www.indiamart.com/club-xcell/>

Welcome to Club XCell It is really unfortunate that the fitness industry today is dominated by a lot of false promises, fancy (yet useless) equipment, so called experts, and creams that apparently melt fat.



About Us

Welcome to Club XCell It is really unfortunate that the fitness industry today is dominated by a lot of false promises, fancy (yet useless) equipment, so called experts, and creams that apparently melt fat. All this conflicting information causes a lot of confusion for the average individual who has a basic understanding of how the body works.

To counter this information overload we, at Club Xcell, have simplified matters into three fundamentals:

- Assignment of GOALS (Primary / Secondary) or What do you want to achieve?
 - Specific (Fat loss, muscle gain, strength, endurance, flexibility etc.).
 - Measurable (Through - Body weight, key measurements, body fat %, pictures etc.).
 - Attainable (Limitations in terms of genes, hormones, time, energy and motivation).
 - Realistic (There are NO overnight fixes).
 - Time Bound (How much time are you going to devote to achieving this Primary Goal?).

These Goals have to be SMART:

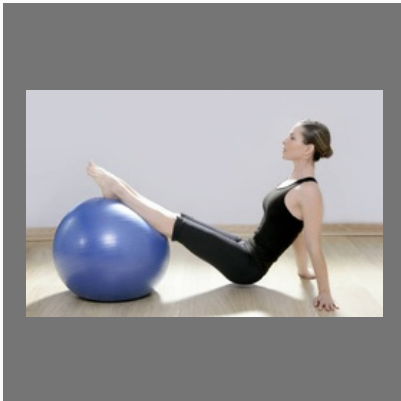
- A PLAN or How do you achieve your goals?
 - A Primary Goal Specific Exercise Regime (Different goals require different exercise regimes).
 - A Primary Goal Specific Diet Plan (Different goals also require different diet plans).
- A FEEDBACK SYSTEM or Is my plan helping me achieve my goals? And, equally important, Am I following the plan as directed?
 - Workout / Diet Journal.
 - Recording bodily changes.

For more information, please visit

<https://www.indiamart.com/club-xcell/aboutus.html>



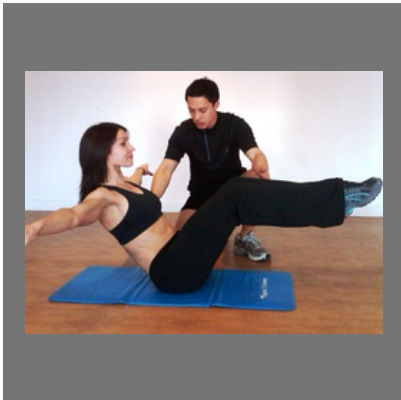
OTHER SERVICES



Yoga Pilates



Salsa Training



Personal Physical Training



Zumba

Factsheet

Year of Establishment : 1999

Nature of Business : Service Provider



CONTACT US

Club Xcell

Contact Person: Sujit

87, Zamrurdpur, Near N-Block,
New Delhi - 110048, Delhi, India



+91-8066085846



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