
FREQUENTY ASKED QUESTIONS, PRICING AND EDUCATIONAL INFO

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Q. “I get that that you like to call your Online Personal Training as a Customized Transformation Package.

I understand that “Transformation” means it is going to “Transform” my body, but what is “Customized” about your training program which other programs on the Internet are not?”

A. Dear Prospect, Firstly I want to congratulate you on deciding to make a positive change in your appearance, self-confidence, and health. I want to thank you for taking the time to understand what makes my coaching different from everything else out there.

So here I go:

A customized Transformation Program is pretty much like a Tailored Suit. You go to a showroom of clothing to buy a suit that looks good and fits well. You like various designs which are very appealing but only to find out that they do not fit your body. The ones that fit your body are not up to your liking. The blazer might be loose on your waist or arms are too long, for instance. You end up buying something that is a tradeoff between the two and if you get such a suit the first time you walk up into a showroom, consider yourself lucky.

Everyone has a routine of his/her own, and my Training Packages are made to fit in your life rather than trying to make your life fit into them.

Let me elaborate further on the analogy about the suit. You walk into a store and try a suit and hope it fits. You do not find a color of your choice or the pattern or the style. Some may be three pieces, Italian fit, and this and that. They have various sizes in suits, and you try them all hoping that one of them fits. You buy the one that fits approximately but will always be loose or tight, somewhere or the other. In the end, you always end up compromising on something. On the other hand, if you go to a skilled tailor he will make you what you want exactly: The Perfect Fit and The Perfect Style and the Perfect Fabric.

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Pretty much like those tailors you desire to make your suits, I am the coach and my suit for you is my transformation programs. I like the analogy of a suit because I work consistently to make sure the programs fit my client's schedule and lifestyle, and they get results. (Apart from till date reading research journals and books on training and nutrition to keep myself updated with the trends. I make sure I am your one stop solution for all your needs on Diet and Exercise, and that includes educating you on both and separating facts from fiction)

Hundreds of the programs are available for free on the internet, just like all those showrooms selling suits which look shiny and glittery and do not fit your body. I am not saying that those programs are all wrong, but more often than not they are designed to sell you supplements and apparel and rarely you will see them not attached to a sales link to buy supplements.

I am sure you opened this page because you have tried a few and failed and now you want something you can fit into because those programs do not fit:

- * Your Lifestyle
- *Your Commitments
- *Your Taste Buds
- *Your Food Preferences
- * Your Training Level and Capability
- * Your availability of time
- *Availability of food products
- * Problematic Joints or Past Injuries
- *Medical Conditions such as hypertension or diabetes
- *They might be vegan or vegetarian or non-vegetarian but you have your morals and beliefs, and you do not want to be imposed on yourself.

Moreover, the list goes on.

I guarantee a totally customized experience backed with a money back guarantee, unlike a tailor does if the suit does not fit, or a doctor does if the disease does not get cured, or a lawyer if you lose your case.

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Your program will be based on all the problems or situations mentioned above, and it will ensure that you can adhere to it 100%.

How am I so confident about giving money back guarantee? As I mentioned before, apart from my paper based qualifications I have been using my body as a guinea pig trying out different training and diets and analyzing flaws in them which might be problematic for people. I regularly read research on diet and exercise and keep up with the latest information that is available to date. I read research on the psychology of a dieter and someone who exercises to be able to put myself in shoes of everyone who comes to me so that I can chart out something for them which not only works for them in the short term but also long term.

When one knows the science behind the food and human body mechanics, it is impossible NOT to be able to deliver results. The problem is that programs on the internet or even most personal trainers who do not want to understand you on a personal level due to disinterest or lack of knowledge, are not able to deliver you results. I guarantee them because such is my faith in my knowledge and experience.

I will not leave any excuse for you to give to me for not being able to follow the program. Moreover, I will not do that by bullying or throwing motivational B.S. at you but by solving every single problem, you are facing. I am not the kind of trainer who will tell you “You are a sissy. You do not get results because you are not working hard enough,” to hide my incompetence. I make programs as easy to follow as they can be.

Lastly, I do not believe I have earned the money unless I have delivered what I promised, and hence the money back guarantee.

I am very honest with you.

It is not a sales pitch.

Leaving people unsatisfied won't make me sleep easy at night. I value my mental satisfaction over everything in life, and my satisfaction comes from your satisfaction when I spend 12 hours a day working for you and others like you.

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Q. What all is included in a package?

A. Whatever I charge you for, will include all the information services you need to transform. To elaborate and number them, it will include the following:

- Your Customized Diet Plan (With up to 3 Diet plans, made from scratch regarding your needs, such as different schedules on different days or being vegetarian on specific days due to religious beliefs, and so on. Further diet plans will be chargeable at Rs. 2,000 per diet plan)
- Your Customized Workout Plan
- Regular Follow-up of your progress
- 2 Phone Calls Or Video Calls Or Skype Video Calls or In-Person Meeting at NJF Office of 30 Minutes each (Phone calls or meetings more than that will be charged at Rs. 2000 per session. Trust me, they are rarely needed)
- Unlimited Email Support regarding small queries (One email per day, all of them answered within 24-36 hours on a working day; Monday to Friday)
- BONUS: How to manage your time to make more time
- BONUS: How to save money on supplements
- BONUS: Access to members only articles

The First Counseling/Phone call will consist of an initial counseling session about me knowing further about you, apart from what you fill up in the Consultation Form. I will also be answering any questions regarding fitness which you might have had all along, and any other preferences you would like to tell me. You should also be telling me in that more about you so I can know you on a personal level and understand about your training experience as yet and also about how your average day looks like. I will chart out your rough draft of eating pattern and training and then work up upon it and deliver the finalized, calculated version in 2-3 days from then.

The Second Counselling or second phone call happens in a day or two after the plan is given to you. You will be required to note down every single question you have at that moment regarding the program, and I will elaborate and explain everything in details. It also consists of me telling to you on how to strategize the plan and follow it

Later on, you will have any microscopic queries if at all since the program is already customized to your needs. If any, there will be follow-ups on progress and alterations, as necessary in the program. As mentioned above you are entitled to up to 3 diet plans. I do not charge for editing

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workouts since it is rarely required if you get injured (God forbid) or some machine in your gym breaks down.

I usually answer all the emails within 24-36 hours, unless the time frame of 24-36 hours falls within a weekend. For example, our working hours are 1-5pm, Monday through Friday. So in case you email me on Friday 6 pm, I might not be able to reply until Monday. However, I try to make sure if I can sometimes find blocks on the weekends, I do reply, but I cannot commit to it since I have my personal commitments too 😊

Q. “How does the coaching work online? I have not ever heard of people training others sitting remotely far away.”

A. As stated above, you will not need anything apart from that, to achieve results. Honestly, what all will be provided to you in this program is more than what you will get from an average trainer. Usually, you have to consult a Dietitian and Personal Trainer separately, as neither of them is officially allowed to penetrate the other person’s scope of practice. A Dietitian is not authorized to recommend you a workout plan, and a Trainer is not authorized to give you diet plans. That is why at commercial gyms you will find both these professionals, separately.

Here you will get all in one as I am a Certified Personal Trainer, Clinical Dietitian, and Sports Nutritionist.

Beyond that, there is the law of diminishing returns that applies to hiring a personal trainer. You can find exercise videos online, and learn how to perform them after I write your workout regimen. For checking your form and technique, you can send me your workout videos, and I can tell you where you are wrong, and/or if there is any way you can improve it. If you are a disciplined person, you can maintain your workout logs and check your progress yourself, or you can email me, and I will do that for you.

All this is accomplished by someone standing physically next to you within a week or so. So, you do not need to pay three times the amount to just have someone stand next to you. (For reference, you can enquire rates of Personal Training and Diet counseling at any gym like Golds)

Furthermore, I am not bragging, but I have a vast portfolio of clients who have achieved results. You can talk to them directly, and they will be happy to describe their experience with me, to you. These are the kind of results people usually get from celebrity trainers. You can see my 12-

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week transformation, and compare it with what celebrity coaches did for Bollywood Stars, and you can see it for yourself.

So if you compare, you will be paying only a fraction of the amount for the quality of services you will get.

I have a pretty elaborate form you will be asked to fill up before you can begin with my coaching so that I can come to know each and every detail about you. It is a sign-up form of which link is there attached in the footer of the document.

To tell something personal, I train people online because I want to make use of my knowledge with people who cannot afford a good trainer, unlike the celebrities. This way I do not have to kiss the asses of few people, and I can also train a much bigger demography and make more use of my knowledge and efforts. Moreover, as you can see around, it works 😊

Q. I am a complete beginner, and I never took a fitness program. Can your program replace a real trainer?

A. My coaching is designed thoroughly and is updated continually to replace a real life trainer in all aspects possible. One thing, however, that cannot be replaced is being physically present there to push you during your workouts and to motivate/bash you. It will require discipline, perseverance and intrinsic motivation (being self-motivated) to reap the benefits of this coaching.

Q. Which package is for me? What is the fee?

A. To be honest, I started splitting my coaching as packages because it left people confused. The packages are nothing but a classification of your requirements which can be altered. Currently, what I have named them as different packages based on what your goal potentially might be.

The fee varies depending upon your requirements and my time commitment to making the program.

Like say, from the perspective of a coach like me, it is easier to make a diet for someone who needs to gain muscle and bodyweight, as they have a wider variety of foods available and less likely to hit a “plateau,” that is, the point where the progress stops. They have lots of variety of food to eat, and they can get away with eating more junk and hitting gym less often.

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Likewise, it is tougher to make a diet for someone trying to lose fat due to

* Limited options of food.

* making sure they do not get hungry, irritable, fatigued, or malnourished on diet due to hormonal changes. The body fights back, and it is far technical to understand and create a solution for a diet regime. You must have had such an experience yourself since you are taking the time to read this massive document.

*Also, they need more precision and stricter regimen if they have limited time to get in shape.

Moreover, then people who are preparing for contests or photo-shoots need even more accuracy because they need more frequent updates and tougher regimens.

Please note that the duration for each package is 12 weeks. I do not believe in commitments lesser than that time frame.

As a side note, I do not accept part payments or monthly payments. It is a result based coaching, not a gym membership.

So here is the list of packages I am currently offering along with the fee structure.

1. Muscle gain package: If you are skinny and look thin under clothing, and you not only want to get stronger but also increase bodyweight, then this is the package you should go for. I recommend it to only guys who are extremely skinny and have neither muscle nor fat on their bodies. **(Current Fee: Rs. 8000)**

2. Fat loss package: If you are the type of beginner who has tried and failed at various training programs or a complete beginner; or someone who is so fat that when people see them they perceive them as fat first and anything else second, then this is the package for you where the sole focus will be on making you lose maximum amount of fat in the least amount of time possible. This kind of package is highly popular among people who are looking forward to getting married soon; those who are there in their early twenties. **(Current Fee: Rs. 10,000)**

3. Rapid Fat Loss: (Current Fee: 12,000)

4. Contest/Photoshoot prep: This is the package suitable for people who have been exercising for years but have never gained that ripped six pack and needed someone who can precisely spot where the problem is and fix it. To fix the biggest problems, you need the most skilled person. It is easier to replace the whole phone than to find the little fault in it that made it

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dead. Similarly, this is the package to go for, to finally reveal your years of hard work and get that dream physique keeping you away from a photoshoot worth a lifetime of memories, or that Physique/Modeling Stage. Includes Peak week Prep. **(Current Fee: Rs. 15,000)**

5. Muscle gain and fat loss (*Most popular package*): This is by far the most attractive and popular package for those who want to gain muscle and lose fat at the same time. This is for people who, for instance, are overall okay but have a pot belly or “Spare Tire” around their waist. This package is also popular among the people, who are in good shape and want to gain more muscle and strength while keeping fat gain low. With my precise knowledge and experience combined, I can make you gain strength on a diet, or make you gain no fat or tiny amounts of fat while “Bulking”, contrary to the popular belief that both the things are mutually exclusive, and cannot be accomplished at the same time. **(Current Fee: Rs. 10,000)**

6. Packages for Elderly for improvement in Health: Rs. 15,000

Even though, you are the person who knows the best what your requirements and expectations are, if you are still confused on what package to go with, then a quick chat/phone call/Video Call/In-person meeting with me will help you decide the package you should go for.

Q. Are the fees, quoted by you, monthly or for the whole duration of 12 weeks? Are there any hidden charges?

A. At NJF, we like to keep our work ethics at the top of the priority pyramid, and the discussion about any monetary matter will be held clear of any doubt, and will be non-negotiable, not only for you but also for everybody else. There is no selective pricing, on any basis for anybody. The fees quoted to you is for 12 weeks, the duration of my coaching, and there are absolutely no hidden charges.

Please do not embarrass me or put me in a difficult situation by asking for discounts or part payments. I am selling a coaching with results, not a gym membership where you pay for a month and stop coming.

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Q. Do I have to pay the entire fee right away, or I can pay in installments? How can I make the payment of the fee? What happens after I make the payment?

A. The payment has to be made in advance, full at once. You can pay me via Net Banking, Cash Deposit, or pay me in cash in-person.

If you live outside of India, you can send me money by PayPal, which is equivalent to the package stated online in your currency.

Upon the reception of the payment, I will send you a confirmation, and your transformation package will be made ready in about 7-10 days. It might be prepared sooner, or delayed a bit if there is any festival in-between, or I have a huge amount of work on my hands. You can enquire by emailing me about how many clients are there in the queue at the moment, and how much time will it take me to prepare your program.

Q. What happens after 12 weeks?

A. If you have followed guidelines set by me and have not cheated on your workout, your diet and yourself, you will see a new you. You will be significantly stronger than the person you were 12 weeks ago, and you will look better and more confident.

There is an exceptional case though although not quite frequently if it matches the following criteria:

- ✓ if the program is still working for you
- ✓ you are making progress on it without much help from my side
- ✓ you and I both think that we have not yet exploited the full potential of the program

I will not expect or ask you to pay me again, regarding any small queries you might have, unless it requires much commitment from my side.

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I am not one of those dietitians or trainers, who promise to give a magical program, or pressurize you into buying a new program, or renew the existing one else they will end their support.

I would rather appreciate, if you keep on making progress on the same program as long as you can, so I can work with other people on improving their life while you grow yours. By god's grace, I have enough work on my table all the time that I do not need to creep the hell out of my clients again, and again for their money.

However, I would also want to mention that, as already stated, the training is for 12 weeks only, and it is up to the sole discretion of me to support you, without you having renewed your package or not since many people abuse my friendly behavior. So it is easy, you remain, my friend, I remain your friend and not show that "Professionalism", which I would rather consider being DoucheBag-ism and I will throw it down the toilet.

I would also like to mention that programs tend to follow a pattern of diminishing returns. Your progress using the same plan will not be as fast as it initially would be when you first signed up with me. It will slow down eventually, and you will need to have a new program to overcome your lack of progress which is commonly called as a "Plateau" in fitness.

Speaking of the services, you can either renew it at a 20% discount if you sign up again, within the expiry of 12 weeks.

I offer a 50% discount on renewal, to my clients who make a transformation worthy enough, with before-after pics to be featured on my Website, and Social Media platforms along with many gifts as an appreciation of their hard work they have put in. Discount availed or not, though, once the client has given permission for the usage of their pictures for the promotion of Nipun Jain Fitness.com no requests shall be entertained to take them off as they automatically would become an intellectual property of Nipun Jain Fitness.com and its associates.

Q. How are you so sure that you offer a Money Back Guarantee.

Moreover, how does it work?

A. As I mentioned on my sales page, I have been in this industry for more than half the decade. I hold three certifications in fitness with two being in nutrition and I always update myself with

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the latest research by reading research journals. I have all this knowledge with experience under my belt and with a thorough analysis of my clients during sign up, follow ups and also counsellings I can make the program that accurately fits their lifestyle and bodies.

I make sure I address every hurdle, and I also make sure I make the programs as easy as they can be so that the client is left with no excuse. Still, if you are unable to get results within first 15 days of following the program, you can apply for money back, and your money will be refunded to you within 30 days via cheque. You will not be eligible for money back guarantee under following circumstances, though:

- Not sending workout logs and nutrition logs every day for first 15 days.
- Not adhering to diet and exercise program as laid out.
- Not using advised supplementation (unless canceled by me myself with due discussion)
- Not taking medication prescribed by a doctor. (in case of any deficiencies or ailments diagnosed)
- Blood Tests and Medically fit Certificate not submitted at the start of the program.
- Admittance of making any progress via any channel (E-mail/Facebook/Text Message/Phone Calls)
- Asking for a refund before 15 days automatically disqualifies you for a money back guarantee since it shows your unwillingness to follow the program for 15 days. You have to give it a chance before saying it does not work.
- Fabricating workout logs. Don't try to fake your workout logs. I can quickly catch you with my vast experience.

If you do not get results with any conditions mentioned above your refund will be initiated hassle free.

Q. Is there any use of supplementation involved in the program, and what will be the cost of supplementation in the program?

A. Supplements are not that unique as they are hyped to be, and hence my programs work with or without the supplements. As the name suggests, they are supplements and not the magic pills, or replacement for a good workout and exercise regime. For example, just for laughs, there is nothing magical about the green coffee bean. The only magic bean was in the story of Jack and the Beanstalk where he climbs the endless tree only to enter the house of a giant and steal his golden harp :P :P :D

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In fact, most supplements do not work the way the label says they do, or do anything at all (Companies are not legally required to prove the effectiveness while writing anything on the label), and there is no magic pill. If there were, then most people will not be fat or skinny.

My programs will usually consist of very basic supplements if any, such as a protein powder if you are not able to get sufficient protein through diet (which is 2 grams for every kilo of lean mass or fat-free mass in your body). It might also include vitamins and minerals, which are usually available over the counter and have no side effects, and are just there to prevent malnutrition when there is such a massive turnover of tissues in your body; new being built and others destroyed.

I will only recommend supplements, and not impose. Cost usually doesn't exceed 500 rupees a month for vitamins. For proteins, it varies.

On a side note, you will not be persuaded to purchase any supplement from my Online Supplement Store, unlike other trainers or dietitians do. I usually write supplements required in the diet and quote rates of NJF Supplement Store if people enquire.

You can buy them from any brand from anywhere, as long as it matches our goals, with a discussion with me about the brand.

You will not be given any pill or powder, without telling you what you are consuming.

For the sake of completion, I must mention: **You will not be asked to use any drugs harmful for health or anything that requires a doctor's medical prescription.** I do not cross the boundaries of my scope of practice. You will be screened for any potential problems in your health before the coaching began and asked to seek medical assistance if required.

Q. If I avail your training, and as discussed, it is an online training package. How do I know the correct posture of the exercises if I am unaware of the mechanics?

A. With the package, video links will be provided to you for the correct, and recommended posture and mechanics of the exercise mentioned in the workout plan. As I mentioned before, you can shoot a video of the exercise you are doubtful about if you are performing it correctly and I will tell you where you are wrong (if you are wrong at all) and how to correct it.

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Q. If needed, will you train me in person for a day or two?

A. It might depend on, but you will have to compensate for my opportunity cost and my time. I do not own any training facility as of now, so you will have to have to ask for permission from a gym facility owner, and if it requires much traveling, then you will have to pay for travel costs and traveling time. I usually charge 2500 for a session of training.

Q. Is the program fees inclusive of supplements?

A. No, the program fees are inclusive of only information services mentioned above, and no physical products whatsoever.

Q. Will you update the diet and workout plan, like every week or so?

A. I do not believe in trying to fix what is not broken. Fitness is not Fashion industry, where you need new stuff every week.

A lot of dietitians and trainers have a habit of changing the workouts and diets too often, which usually leads to people asking me this question. They do it solely because they want you to be a recurring customer who pays them over, and over again. As I mentioned before, this is not the case with me. I work on a different model where I charge the whole fee upfront and sell you results, not appointments or diet plans.

The program you will be delivered will serve as the starting point of the entire coaching period.

If you are making progress, there is going to be no need to make changes in the plan, which might potentially lead to screwing it up for no reason whatsoever.

I will modify or redesign the program, in case you have had a change of your gym and there is different or lesser equipment than before. I will give you an alternative exercise for the same. If, some specific foods are not available anymore (like fruit due to change in season), or you have a shift in lifestyle and training time (morning v/s evening), or you have stopped making progress I will carry out the required changes to ensure you can continue your fitness journey.

Truth be told, as I am compiling this document in 2016, I used the same program for my transformation during 8 months of 2015 to transform myself from fat to fit. I had been on a layoff for a year approximately before that due to depression and anxiety attacks and seizures.

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Yet I managed to pull through with minor modifications in diet and workout with the base diet remaining the same.

Please note that as stated in the original package, diet plans are only limited to a maximum of 3 based on lifestyle, taste or anything else. Out of those 3, I will edit the diet plan with no obligation whatsoever if you hit a wall and can't progress anymore. Accessories will be charged, not the necessities.

Q. How many diet plans will I get?

A. As mentioned before, you get up to three diet plans maximum, so you do not get bored of the monotonous food every day; for the days, you happen to avoid some specific foods, like religious Hindus avoid eating non-vegetarian foods on Tuesdays, or Thursdays, or Saturdays. If you happen to need more than three plans, it can be provided at an extra fee of two thousand rupees each.

However, if you need edits in any of the diet plans due to lack of progress, then it will be done free of cost without counting them into any of those diet plans.

Please note that you must decide if you need any alternative diet plans on the first counseling day itself, or before the program is delivered to you.

Q. What if my gym lacks the equipment needed to perform exercises mentioned in my Training Plan.

A. Firstly it is less likely to happen since your workout program will be customized. You are going to let me know in advance during your first counseling that what kind of a gym you are planning to workout at. If your gym does not have any particular machine or a particular set of dumbbells or any other limitations, we will work around that.

Newbies might not be aware what a fully equipped gym is like, so that is not much of an issue. I will directly edit the workout later on.

Even if you fail to let me know due to forgetfulness or lack of knowledge, it is not a big deal. Changing exercise according to equipment is easy because you can work on every single muscle group and even the individual little muscles in them without any fancy equipment.

Best bodies have been built on the crudest of equipment. Look at Arnold Schwarzenegger (Bodybuilding Legend, Legendary Hollywood actor popular for Terminator and Ex-Governor of

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California) ☺ Check out the documentary “Pumping Iron” starring Arnold himself. I am sure you must be working out than a better gym shown in the movie, The Gold’s Gym, Venice Beach in California.

Long story short, yes, such edits can be done very easily right away.

Q. Can I lose/gain weight without working out, but by dieting alone?

Alternatively, Can I lose weight if I just workout and do not diet?

A. Technically yes, you can lose weight without working out, as people lose weight quickly while doing even the most stupid of diets like the GM Diet, or Paleo Diet, Ketogenic Diet, and the list goes on. However, this kind of diets will usually leave you frustrated, due to severe restrictions on foods, and often leave you malnourished. Remember how we were taught in school that we should eat fruit and vegetables of different colors? It holds true scientifically but sadly these diets will not be like that.

That was just an example. The main reason you should be working out while dieting is that, you need to consume lesser calories than you spend in a day to lose fat. However, the Human Body has a tendency to burn off the precious lean mass, which consists of muscles, internal organs, skin, hair, etc.

You will lose a lot of muscle mass, and your body will be out of shape. You will lose weight without exercising, but you will end up weak. Don’t be surprised if you diet without working out, and find yourself running short of breath, and also weak and lethargic.

Also, muscles are what give shape to your body. You want to change the way you look, not just get small, right? You want curves and shapes. You need to prevent losing those muscles, otherwise, let’s say if you have a pear shaped body, you will be only reduced to a smaller pear from a bigger pear.

Additionally, you will look like a pear which is even wider than before, where you started.

Usually, people lose more fat from limbs rather than the core, i.e., the tummy and the butt.

Please note that if you are trying to gain weight by just eating more and more, you will only end up in a worse shape, and most weight will be obtained will be in the places you least want it to be, i.e., belly, thighs, and butt, and it will worsen your appearance.

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With both the instances I have stated about losing weight and gaining weight what you must understand that in both men and women, the body prefers to store fat in the belly and butt. So fat from these areas is first to come and last to go. Sadly the fat loss from areas you want specifically is out of your control since it is dependent on hormonal environment and blood flow. Dudes and Chicks who work with weights and do cardio and diet have six packs and the curves. The people who keep running like a hamster on a treadmill and do ab crunches countless remain the same year in and year out.

Now coming to the second sub-question here about choosing between diet and workout instead of doing both, what you must remember you cannot defy thermodynamics. Energy can neither be created nor destroyed, and Calories are just a unit of energy in case you forgot.

Your body fat is stored energy, which needs to be spent, for it to go.

People tend to overestimate the calories they burn during a workout, and all those fancy fitness bands are unreliable to measure your calorie expenditure. No feasible technology outside of specialized labs exists that can measure calories burnt accurately. That is one thing.

Another is that exercising too many leads to adverse stress response in the body and makes you starved, restless, drifts between insomnia and sleepiness, etc. If you workout too much, you will get so hungry that you will end up eating more calories, to satisfy yourself, than you burnt at the gym. That especially applies to people who do much cardio. I would leave whether the cardio is the best way to lose fat, for another day. You also risk damaging your joints permanently with overdoing exercise every day, without letting them recover. Most women, who run desperately on the treadmill every day, will admit to having joint problems if you ask around. Not only women but also professional marathoners.

So long story short, to prevent damage to your body and get the best results, please do both as prescribed. However, if you cannot dedicate time to workout, you can still lose weight by diets written by me.

I do not recommend weight gain diets to anybody who does not workout. Lastly, forget about getting stronger without working out.

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Q. How much time do I need to spend per week?

A. You will be needed to workout for a minimum of 5 hours a week spread over a period of 3-4 days a week to have exercise-related benefits of the program. Usually, people need to spare 8-9 hours in a week to benefit 100% from the program.

Q. My nature of work requires a lot of socializing and/or traveling which involves unwilling consumption of fast foods, alcohol, etc. Will you be able to help me out with that too where I can balance results and my other commitments?

A. Yes, I will chalk out a routine that fits your needs, and not the other way around. This is the reason I need a complete schedule of your daily routine in the questionnaire.

However we can have a discussion about the same, and I will let you know if I can commit any results or not, based on severity and frequency of such events.

Q. Can I workout at home? Will the results be equally satisfactory?

You might want to workout at home if you have severe time constraints or do not have a good gym in the vicinity. So Yes, you can workout at home, but it MIGHT not be as effective as a gym due to various reasons. Say, for example, a massive man weighing 100 kilos may not perform one single pushup at home due to the 100 kg load on his weak chest, shoulder, and triceps muscles. However, the same man can work out using a bench press in the gym, which will involve the same muscles but load can be adjusted, ensuring progress. From there, he can build up his strength to lift heavier and also as the gradual loss of weight occurs; he may be able to do pushups as well. I was able to do my first pull-up after one and half years of working out! I started out obese and weak, and a smoker.

It might also be very expensive and unfeasible for you to buy good quality equipment to workout at home. Lucky you if you have the kind of money and space to set up a fully equipped gym at your home itself like this one:

Adding to that, workouts at the gym are more intense owing to the ambiance. You may not go hard at home, and the mental priming would be lesser than compared to a gym, hence taking out some time and going to a gym is highly recommended. You are more likely to procrastinate, and skimp on workouts when working out at home than in a gym.

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If at all, it is entirely impossible for you to go to the gym, I can make home-based workouts within your given resources. Such workouts might not yield the best results possible, but they will still give you results, and it is better to have a little of something than none at all.

Q. Is the coaching transferrable?

A. No, the coaching is not transferable to any person, under any circumstances, whatsoever.

Q. Is it refundable due to personal problems?

A. No, the money is not refundable due to personal issues which might be anything like but not limited to any accidents leading to any injuries, family events, increased commitments in job or family, any unplanned vacations, or any other problems.

However, you can halt the training and services provided by us, and you can avail them later. I do understand such things and usually, support my clients with it. However what you will be able to continue with is only the email support and telephonic support and not a complete overhaul of diet and exercise plan.

Q. Do you give steroids to your clients?

A. My stance on Performance-Enhancing Drugs (PEDs), including Anabolic Steroids, is neutral. I would never ask you to use any drugs in my program, as my programs are optimized to work even without supplements, let alone PEDs.

However, if you want to achieve more than what is naturally or genetically possible to your body, I can help you with designing a stack including recovery therapy, for a fee of 2000 rupees apart from the training fee. Please note that such questionable stuff will occur at your discretion only, and I will assume no responsibility whatsoever due to any undesirable effects caused by them, as they, by nature, carry the risk of side effects.

However, if you are

- someone who just stepped into the gym
- a beginner who cannot even deadlift a hundred kilos or

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- someone who does not even know yet how to eat and train right, or you are somebody who is not regular with their diet and exercise

I would never recommend you the use of PEDs.

Remember that there are no shortcuts. As a personal advice, I would give a green signal to somebody to use PEDs only to surpass their natural potential, after they have utilized their natural potential fully, instead of someone who is looking for a shortcut to cut the time required even to get close to the natural potential. The reason for this is that the hassle and the risk of side effects involved with the use of PEDs, is simply not worth it if you just want a shortcut to having ordinary results.

Q. Can I achieve XYZ-like body without steroids within 12 weeks?

A. It is highly unpredictable since various factors are involved in achieving the physique of your dreams such as <but not limited to>

- Your genetics
- your commitment to the program
- your starting point of the program, your stress levels
- your hormonal levels such as that of testosterone and thyroid,
- your non-exercise calorie expenditure
- Your basal metabolic rate, and many more

I can only guarantee progress towards your goal. However, I cannot predict what the final product (Your Physique) is going to look like. As far as I know and my education and experience go, anyone who claims to do so is an outright liar. I cannot predict myself what I will look like after a bulking or a cutting phase. This question is out of the window for me to answer and predict that for you.

I can still give reference values like changes in waist size, reduction of male breasts, gain or loss of bodyweight, etc. In short, quantitative measures, not the qualitative ones.

I would like to share a key point here. This industry is one of the most screwed up industries out there, full of liars. A lot of trainers or wannabe coaches use a lot of illegal PEDs and lie to people

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about their drug and supplementation use, to lure clients promising them results and fake dreams. Many people do not admit their drug use due to laws since they can be arrested and jailed in countries like the USA if they admit to using these drugs. A good place to have more insight about what is achievable without the use of PEDs and their side effects it is [this](#), a presentation by Dr. Harrison Pope, one of the best endocrinologists in the world who has spent a major portion of his life researching about these drugs.

So your dream physique might be built with the assistance of something which you might want to stay away from, for your good.

Q. Is your diet going to be something like GM diet or Paleo diet?

A. Strictly no. The diet I will be preparing for you is tailor-made according to your needs. GM Diet is a part of fad diets which will ultimately result in you gaining a skinny fat stature and, again, looking like a smaller pear from a bigger pear. [Here](#) is a good place to know about the ill effects of a fad diet.

Q. How should I start signing up for the program?

A. Signing up for my program is simple, you can do it at the bottom of [this](#) page and fill the form that shows up.

Q. The questionnaire is overwhelming. Is it necessary to be filled?

A. I know the questionnaire looks overwhelming. However, the brighter side is that it covers most of the information that I would want to have from your side, and you would like to tell me. It not only allows us both to save time and effort, but it also makes sure that nothing is left un-discussed. It increases the quality of interaction for our first counseling. Additionally, most of it are multiple choice questions, and it will not take you more than 10 minutes to fill it all up.

Q. Can I come to meet you in person and fill the form?

A. Yes, definitely. You are free to come to my office and fill the form. I have full-time assistants who will happily do it for you, and help you out. You can even avail your first counseling in person the day you come to sign up.

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Q. How do I take measurements?

A. You have to measure it radially, that is, measure the circumference of the body part you have to measure. Alternatively, you can also ask a tailor to do that for you. They are experts at this as it is their everyday job. However, they usually take measurements according to clothing, i.e. leave some margins. Ask them, specifically, not to leave any margins.

Q. How long will it take for me to see the results?

A. Results are subjective. It depends on upon some variables: Genetics, diet, how hard you train, your regularity, muscle maturity, how long you have been training, etc. Assuming that you train well and have the diet as mentioned, you will see a big difference in three months, and you will start seeing some results in the first 15 days itself. This is the reason I am so confidently able to offer a money back guarantee within the first fifteen days itself.

Q. How will you keep track of my progress?

A. I usually follow the progress of my clients by their workout logs, which they are mandatorily supposed to send to me every day, for the first 15 days and then onwards, weekly. This is the most important part. Rest I judge by their progress pics and their measurements along with their self-reporting.

Q. What if I do not like your program?

A. If it is because of the lack of results despite adherence, I offer a money back guarantee. If it is because you were expecting something else, then there is nothing I can do about it. I promise results as far as the program is followed. I sell results, not fashion.

Q. Can I choose a shorter subscription?

A. I do not offer any shorter subscriptions than 12 weeks, as this is the minimum time required for you to achieve any significant results. I, also, do not find it worth my time to work with people who cannot commit to the period at least as short as this.

Even though, I can offer a shorter subscription I choose not to because I do not want to spoil my goodwill and credibility by taking in unmotivated clients.

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Q. Can I choose a longer subscription?

A. While I do not recommend a single shot payment for a longer period, I offer 20% renewal discount as mentioned before. However, you can pay for 6 months, 9 months, or a year if you want all at once, and I won't mind. LOL

Q. What kind of exercises will I be asked to do?

A. You will be instructed to do exercises depending on your needs, which will be your training level, your experience, any injuries, availability of time, etc. Usually, my workouts consist of a mix of resistance training, cardiovascular training, and stretching which ensure you have more strength, healthier heart, and lungs, and you do not wheeze while climbing a set of stairs and remain flexible.

Q. How can I check improvements by following your program?

A. You can track these parameters by monitoring your workout logs, your appearance in the mirrors, trying to fit into dresses that were previously loose or tight, measurements, etc.

Health parameters can be tracked with blood tests, ECGs, Blood Pressure check, etc.

Q. Why are the Blood Tests and Medically Fit Certificate mandatory for joining your Online Personal Training?

A. Blood Tests will be necessary to be submitted before you enter my Online Personal Training. This is not only to track if your health is in jeopardy as of now so we can work on improving it but also that some conditions can prevent you from gaining muscle or losing fat or both. These are some of the reasons:

- To screen you for any infections
- To see if your cholesterols are fine. Supplementation and diet will be adjusted accordingly and progress monitored with time.
- To check if your liver is healthy.
- To check if your kidneys are healthy and functioning as they should.
- To check if you are suffering a deficiency of certain vitamins or minerals. Such deficiencies can lead to significant problems in the long run, so they are better addressed now. Such as lack of Vitamin D can cause kidney stones due to poor

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absorption of calcium and also increase your risk of fractures, falls, arthritis and osteoporosis.

- To see how good is your blood sugar level control over time.
- Testosterone and Estrogen levels are primary hormones of men and women. Imbalance of either in the other gender can cause major problems. I have had cases where men at a very young age had testosterone levels of an old man which caused them not to be able to gain any muscle or lose fat but also feel lethargic and low on self-confidence. Their levels were too low to be corrected by diet and supplementation alone and had to be treated by an endocrinologist. Similarly, such hormonal imbalances in women can cause cysts in ovaries, painful menstrual cycles, and potentially infertility. Not to mention the inability to lose fat.

I will also need a Medically Fit Certificate from your Family Doctor or any General Practitioner of Medicine that you are medically fit to undertake a training program.

Even though you might think that you are fit and fine, and these would only add to expenses, trust me, in 9 out of 10 cases people have some problem or the other going on inside their bodies which they are unaware of. Better safe than sorry 😊

Q. I have much cellulite, and I heard that massages help to get rid of that. Can you also help me get rid of cellulite?

A. Cellulite is technically stored body fat which has spread shapelessly under your skin due to fat cells being overfilled. It is highly genetic and can happen if you are not too fat, but the probability of having this condition increases as one gets fatter. You will see a reduction in cellulite when you opt for a fat loss program, and if you stick with me for a longer time, we can hope to get rid of it altogether.

Q. I had a recent injury/surgery. Can I still join your coaching?

A. It depends on on. If your doctor has told you to abstain from all activity, then you should wait to recover and then sign up for my coaching.

However, if you have a relatively minor or a localized injury, which doesn't limit you from doing basic tasks, I will chalk out a workout plan which is viable for you, without stressing the injured/operated region. Like, for example, we can focus on upper body exercises which do not require the involvement of lower body, to stabilize you, if your knees are injured.

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Q. Can you help me get rid of moobs (man boobs)?

A. Man boobs, also known as gynecomastia, is a condition that usually happens during puberty of boys when they start developing breast-like appearance in the chest region. There can be the growth of breast tissue in men, or deposition of fat, due to high estrogen levels.

In the latter case, yes I definitely can. In fact, I started working out to get rid of the same problem, since not being able to wear tee shirts due to bad appearance, and sometimes bullying left me frustrated. Man boobs are nothing but fat deposits in 99% of the cases that guys come up with. With my Transformation program, we can work on reducing them and eventually get rid of them entirely.

That is a terrible condition to go through emotionally, but it can be very easily be countered. 😊

This is not the end of the educational FAQ. Thank you for reading. Please shoot me an email on nipun@nipunjainfitness.com if I missed out any questions related to the training. If it is a legitimate question or a suggested improvement, I will give you a discount voucher of Rs.500 on all your purchases from NJF Store as a gesture for your effort about caring for our brand.

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My 12-week transformation from 2013 ☺ Just as a closure. I am sure that 99% of the readers will be convinced with this that even if I can replicate even half the results of what I did for myself they will be more than happy.

Actions over words, my friend.

Thank you for taking the time to read this and get cleared of all your doubts. I am inserting straight link for you to sign up. Just click below and get started to have a callback and/or email communication. No payment necessary before communicating.

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