



Pre-Program Video Sessions

Session 1 - [Fitness Myths - YouTube](#)

Session 2 - [Weekly mastermind - 30th Jan 2021 - YouTube](#)

Session 3 - <https://www.instagram.com/tv/CIK8ccdIBi6/>

My audio podcast - <https://anchor.fm/niranjan-vijay-deshpande>

Articles

1. Basic Fat Loss Tips - [Niranjan Vijay Deshpande \(@niranjanempowers\)](#) • [Instagram photos and videos](#)
2. Basic Nutrition Plan Structure - https://www.instagram.com/p/CDL_LSgFBbn/?utm_source=ig_web_copy_link
3. Hormones Basic Guide - https://www.instagram.com/p/CDjhhN4FQaX/?utm_source=ig_web_copy_link
4. Nutrition Check List - https://www.instagram.com/p/CETSmvQFdOL/?utm_source=ig_web_copy_link

5. How to deal with Annoying relatives/friends

https://www.instagram.com/p/CH7Nu-rlcKE/?utm_source=ig_web_copy_link

Resources

Workout Log Format -

<https://drive.google.com/file/d/134ADSD7GuXmMb0R3RLHlpDnSvKaHib0x/view?usp=sharing>

Recipes - <https://www.allrecipes.com/recipes/84/healthy-recipes/>

The Flat Belly Lifestyle Food Pledge -

<https://docs.google.com/document/d/1LQXVVI3HzzxozmARHGivtYeCucZqiChemLfwjYOe78Y/edit?usp=sharing>

Home Equipments

1. Basic Level Dumbbells - (1 - 5 kgs pair)

1Kg Pair - [Buy Aurion PVC Plastic Dumbell Set, 1Kg Each \(Blue\) Online at Low Prices in India - Amazon.in](#)

2Kg Pair - [Buy Aurion PVC Plastic Dumbell Set, 1Kg Each \(Blue\) Online at Low Prices in India - Amazon.in](#)

3Kg Pair - [Buy Aurion PVC Plastic Dumbell Set, 1Kg Each \(Blue\) Online at Low Prices in India - Amazon.in](#)

4Kg Pair - [Buy Aurion PVC Plastic Dumbell Set, 1Kg Each \(Blue\) Online at Low Prices in India - Amazon.in](#)

5Kg pair - [Buy Aurion PVC Plastic Dumbell Set, 1Kg Each \(Blue\) Online at Low Prices in India - Amazon.in](#)

2. Advanced Level Dumbbells - (30kgs Set)

https://www.amazon.in/gp/aw/d/B08WH9XQP8/ref=sspa_mw_detail_1?ie=UTF8&psc=1&pd_rd_i=B08WH9XQP8p13NParams

3. Resistance Bands -

Light - [Buy FASHNEX Resistance Bands, Pull Up Assist Exercise Band, Perfect for Mobility, Body Stretching, Powerlifting, Home Workout, Fitness Training Loop Bands for Men & Women \(Red \(15-35 LBS, Light\)\) Online at Low Prices in India - Amazon.in](#)

Medium - [Buy FASHNEX Resistance Bands, Pull Up Assist Exercise Band, Perfect for Mobility, Body Stretching, Powerlifting, Home Workout, Fitness Training Loop Bands for Men & Women \(Red \(15-35 LBS, Light\)\) Online at Low Prices in India - Amazon.in](#)

Heavy - [Buy FASHNEX Resistance Bands, Pull Up Assist Exercise Band, Perfect for Mobility, Body Stretching, Powerlifting, Home Workout, Fitness Training Loop Bands for Men & Women \(Red \(15-35 LBS, Light\)\) Online at Low Prices in India - Amazon.in](#)

X-Heavy - [Buy FASHNEX Resistance Bands, Pull Up Assist Exercise Band, Perfect for Mobility, Body Stretching,](#)

[Powerlifting, Home Workout, Fitness Training Loop Bands for Men & Women \(Red \(15-35 LBS, Light\)\) Online at Low Prices in India - Amazon.in](#)

4. [TRX Suspension Trainer - Buy deb. Suspension Trainers Strength Training Exercise Resistance Bands for Travel and Working Out Indoors & Outdoors Online at Low Prices in India - Amazon.in](#)

Whey Protein Options

Buying Guide - If all you want is protein, you shouldn't have to pay for a bunch of fillers and extras that drive up the price of the product. Divide the amount of protein grams per serving by the individual serving size of the product in grams (usually one scoop which is about 30gms). You want a powder that's at least 80% protein by weight," says Kadey. You'll have to allow for some agents like sweeteners and emulsifiers that make the protein palatable and shelf stable, but if the powder is only two-thirds protein, ask yourself if you really want to be supplementing with everything else in there.

Eg.

1 scoop of whey protein is usually 30 gms

You want a whey protein which has at least 24gms protein in those 30gms.

1. Vigour Fuel Whey Protein - (I have used this for more than 4 years)
[Buy Vigour Fuel Premium Whey Protein Powder with Digezyme and Lactospore - 908g \(28 Servings, Dutch Chocolate\) Online at Low Prices in India - Amazon.in](#)
2. WPI
3. Davisco
4. Optimum Nutrition (Buy from a physical store)

5. MuscleTech (Buy from a physical store)

6. GNC

If you stay in India, you may order from our Whey Protein Partner Store. They provide authentic products with delivery all over India.

Nutrition Gallery - (Physical store in Pune)

Contact - 9673690808