



Is this the right program for me? ///

THIS PROGRAM BEST SUITS PEOPLE WHO

- ✓ Are able to perform most exercise movements.
- ✓ Exercise regularly (at least 3 times per week).
- ✓ Are in reasonably good health without major health issues.
- ✓ Are focused on improving fitness performance rather than solely on fat loss.

What will I get with this program? ///



Our program is designed to help you gain strength, become better conditioned and improve your overall performance level in fitness!



SPECIFIC PROGRAM INCLUSIONS

- 3 Meals per Day from Our 10-Page Menu: All calories and macros listed, with vegan and vegetarian options available.
- Daily Protein Shakes, Fresh Fruit Shakes, and Healthy Snacks.
- Before and After Photos.
- Strength and Conditioning Classes: Incorporating TRX, kettlebells, and other equipment into sessions.
- Hypertrophy Classes: Focused on upper and lower body workouts to develop strength and size.
- HIIT Workouts: High-intensity interval training and bootcamp-style sessions for cardiovascular fitness.
- Enjoy our 15m pool for rest, recovery, or personal low-impact exercise.
- Muay Thai Boxing - Cardio Class: Beginner-friendly cardio class introducing Thailand's national sport.
- Beach Bootcamp & Hikes: Outdoor sessions and guided hikes during favorable weather months.
- Night Market Trips: Explore local night markets and Thai culture with community outings.
- AquaFit Classes: Low-impact, water-based fitness for injury recovery or gentle exercise.
- Stretching and Mobility: Offers daily yoga, Pilates, and mobility classes.
- Educational Workshops and Seminars: Covers health and fitness topics like exercise planning, nutrition, and weight management.
- Two PhuketFit Vouchers per 7 Days: Use for a Muay Thai private session, 50-minute oil or Thai massage, fitness consultation, or personal training session.
- New Steam Room.
- Fully Equipped Fitness Studio Gym.
- Airport Shuttle: One-way transfer included for stays of 7 days or more.
- PhuketFit Goodie Bag: Provided for programs of 7 days or more.

KEY BENEFITS INCLUDE

- Comprehensive 3D Body Analysis Evaluation: Conducted at the beginning, end, and weekly to track progress.
- Private Professional Consultations and Personal Training Sessions
- Digital Onboarding
- Real-Time Digital Dashboard
- Food Logging
- Interactive Client Dashboard
- Coach Support and Adjustments
- Appropriate Diet Plan
- Ongoing Guidance
- Regular Progress Monitoring
- Five weekly Exercise and Nutrition Workshops.
- Complimentary massage vouchers.
- Diverse exercise classes including Muay Thai, nature trekking, and technique mastery.
- Strength sessions 6/week (level specific).
- Conditioning sessions: 6/week (level specific).
- Weekly progress benchmark class.
- Flexibility / Mobility / Pilates classes 3/week.
- Yoga & stretching classes 4/week.
- AquaFit 3 per week.

Our schedule offers a varied selection of classes and discussion seminars designed to enhance overall fitness and performance. Highlights include:

Power Hours:

Small group training and nutrition seminars led by our in-house professional coaching team, including interactive Q&A sessions.

Weekly Seminars:

- Fitness and exercise sessions
- Nutritional talks

Special Sessions:

- Thai Cooking Class (1/week)
- Executive Chef Fresh Market Trip
- Fitness Tech & Progress Apps Overview

We provide workshops tailored to match your personal fitness and muscle-building objectives, ensuring a healthy balanced diet.

Workshops include:

- Nutritional Planning Workshop
- Macro Calculator Workshop
- Diet Adjustment Workshop
- Meal Planning for Home
- Q&A Session: Exercise and Nutrition
- The Science of Exercise

FIRST DAY

Onboarding and Initial Assessment

- 08:00 am: Meet with Reception Staff for Program Onboarding
- Weigh-in on Fit3D Body Analysis Scale for body composition assessment.
- Set program goals in your personal digital progress dashboard.
- Receive macronutrient targets for daily diet.



WEEKLY PROGRAM FEATURES

On Your PhuketFit Program

- Weekly 3D Body Analysis Comparisons: Monitor your progress with our advanced 3D scanner.
- Personalized Diet and Macro Plan: Set up and adjust your diet according to your specific goals, including the calculation of required macronutrients and Total Daily Energy Expenditure (TDEE).
- Long-term Diet Planning: Receive guidance on diet adjustments for long-term success and meal planning for when you return home.
- Effective Muscle Gain Training: Participate in training sessions designed to help you gain muscle effectively.
- Progress Monitoring: Track your weekly progress via your personal dashboard in our "PhuketFit Portal" app.
- Nutrition and Exercise Fundamentals: Learn the essentials through workshops and daily classes, covering topics like calorie and macronutrient control.
- Training Plan: Take home a training plan based on your goals.
- Optional "Before" Picture: Document your starting point with an optional "Before" picture based on the length of your program.
- Follow-up Assessments: Conduct body composition follow-up assessments on the Fit3D scale.

LAST DAYS OF THE PROGRAM

Home Preparation

Program Completion

- Final body composition assessment on the Fit3D scale.
- Guidance on Calorie and Macronutrient Control for Home: Clients can receive personalized guidance on managing calorie and macronutrient intake after the program. Please note that this service requires the use of an included program voucher).
- Customized Training and Exercise Plans for Continued Success: Clients can receive a personalized training and exercise plan to maintain their progress after the program. (Please note that this service requires the use of an included program voucher).
- Optional "Before & After" pictures.

