



# PRATHAMESH PANDHARE

## CASE STUDY

**Prathamesh reached out to us in the midst of a nation-wide lockdown, in order to take control of his fitness journey. He had no equipment available, and all gyms were shut. Previously athletic, he had put on a fair amount of body fat over the last 2 years since sports took a back seat in his life.**

We started by curating a 12-week home workout program for him that incorporated challenging bodyweight movements such as push-ups, dips and assisted pull-ups (Using a towel).

Initially he struggled with knee push-ups, but by the end of the first 4 weeks, he was able to do a set of 5 full range bodyweight push-ups – a clear sign of an increase in strength. We also made sure to keep the volume of exercises high, and rest times low to make it a bit more intense.

Nutrition coaching was a challenge at the start. As a vegetarian, his meals comprised of very low protein and he overshot his total calories, fat, and carbohydrate intake for almost an entire week before he started getting a hang of it. Calories were dropped slightly from week 2-4. In this month, his weight changed by only 1kg on average.

Weeks 4-8 were merely a progression of the first month, wherein we increased his working volume. Macros were tweaked and calories were dropped slightly again. This was the month where we saw a larger drop in weight. At the end of week 8, he had dropped a total of 3.5kg since he started.

We introduced more supersets and circuits in the weeks 8-12 to work on his anaerobic training adaptations. Calories remained steady throughout this duration. The client invested in a TRX Set-up, and we curated a bodyweight training program centered around this equipment solely. In the third and final month of coaching, he was hitting his macros perfectly, training hard, and managed to drop another 2.5kg. This put him at a total of 6kg down since we started, and he was significantly stronger by the end of it.

Upon completion of his 12 weeks with us, we sent our post-coaching recommendations e-book to him, which includes enough knowledge about various training programs for different adaptations, reverse dieting and much more to help clients take their fitness journey forward. With 3 months of experience in flexible dieting and training, he was confident that he'd be able to take it forward from here on his own.

His journey with us may have ended, but he continues to absolutely kill his workouts at the gym even today. Putting on a couple of kilos doesn't scare him, because he knows exactly what to do to get back on track. Reach out to him via Instagram @prakripa to hear more about his experience training with TeaMeraki!

**Joined: July, 2020**  
**Tenure: 3 Months**  
**Result: 6kg Drop in Weight**

**Graph: Weeks 6-12**

