



JHANVI SHARMA

CASE STUDY

Jhanvi reached out to us during the lockdown to help her shed some weight. Previously having lost a significant amount of weight and then spiralling out of control post-keto, she was at her highest body fat% and weight ever. Her goal was to drop fat while retaining maximal muscle, and she decided to hop on board a 12-week program with us.

Our coaches put together a 12 week hypertrophy program that required limited equipment, since the client had access only to a small society gym. The program consisted of compound movements but required the client to start with only 50-60% 1RM for the first 4 weeks. Light cardio (twice a week) was incorporated into the routine. The principles of progressive overload were applied to bring up volume over time. By the 12th week, the client was lifting at an intensity of 75-80% 1RM and had made significant progress in terms of strength.

In terms of nutrition, Jhanvi is a vegetarian and had to work especially hard to hit her protein goals. She struggled with tracking her meals and nailing her macros for the first 2 weeks, after which she was able to hit her goals comfortably, without needing to eliminate any major food group from her diet. Throughout the 12 weeks, her macros were tweaked twice, with protein remaining fairly constant. Her calories were tapered down by 300kcal from week 1 to 12, and the gradual decrease made it relatively easy for her to accommodate the changes made.

At the end of 12 weeks, the client dropped a total of 6kg. We noticed a body re-composition happening in this case, wherein she gained 1kg of lean muscle through the 12 weeks. Overall, she dropped 7kg of fat, which was close to a 4% drop in body fat percentage.

When Jhanvi's tenure with us ended, she decided to stick around for longer. Till date (as of 24 Dec, 2020), she continues to train with us despite having suffered from a bout of Covid-19 in the middle of it. She's proof that with dedication and effort, you can achieve what you set your mind to.

Reach out to her via Instagram @jhanvisharma22 to hear more about her experience training with TeaMeraki!



Joined: July, 2020

Tenure: 3 Months

Weight: 96kg to 90kg

Body Fat%: 45.1% to 42%

Increase in LBM: 1kg

**Picture was taken 6 weeks into the program.*