



SHEENA DOGRA

CASE STUDY

Sheena reached out to us during the pandemic and requested our coaches to put together a training and nutrition program that would help her work towards her goal of fat loss.

When she approached us, her body fat percentage was high, and she felt a significant drop in her fitness level due to a sedentary lifestyle ever since the pandemic struck. She wanted to not only shed some weight, but also work on her aerobic and anaerobic fitness level.

The equipment she had available was 2 pairs of dumbbells, a kettlebell, skipping rope and treadmill. We created a program segmented into 2 mesocycles for her. The first mesocycle focused mainly on no-equipment, bodyweight training with plenty of circuit work. The second mesocycle was more hypertrophy-focused. Cardio was gradually increased week on week.

Tracking meals was a slight struggle initially, but within a couple of weeks, our client was doing well. As a non-vegetarian, she was able to work her way to hitting her protein goal in a relatively short period of time. She mastered the art of flexible dieting, and did not have to cut out any food group completely (she continues to enjoy her piece of chocolate after meals even today)

The client did not feel the need of incorporating a supplement until halfway through her journey with us. That is when she approached our coaches for a recommendation, and we suggested a Whey Protein supplement to help her achieve her protein goals on a daily basis with little difficulty.

At the end of 12 weeks, the client dropped a total of 5kg and her body fat percentage was down by 3%. She decided to continue training with us for an additional 12 weeks.

However, at this point, her weight plateaued for a while. The client's total caloric intake was relatively low, and we decided to put her into a reverse diet phase. Through the reverse diet, she is up by 1kg, but is consuming close to 400kcal higher than at the 12-week mark. Workout intensity and cardio frequency has increased.

We are currently (as of 24 Dec, 2020) at the 20-week mark. Our client's journey hasn't ended yet, as she continues to push herself to be better than yesterday.

You can reach out to Sheena on Instagram @sheena.dogra to learn more about her experience training with us!



Graph: Change in Bodyweight (L), Fat Mass (R)

*The increase in both parameters is due to the current reverse diet

Joined: Aug, 2020

Tenure: 3 Months

Starting Weight: 67.7kg

Ending Weight: 62.9 kg

Change in Body Fat: 31% to 28%

Goal: Drop Body Fat, Anerobic/Aerobic Goals