

POWER TO ALL
EMPOWER



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**"WE ARE HERE TO MAKE PEOPLE TOUGH
BY EQUIPPING THEM WITH ALL THE SKILLS,
MINDSET AND STRENGTH, NEEDED TO
OVERCOME LIFE'S CHALLENGES AND
EMERGE STRONGER THAN EVER.**

OUR TEAM

**L. DEEPAK UDAIR
(HEAD COACH)**



- FOUNDER & CEO OF HADES MMA
- MMA, KICKBOXING, TAEKWONDO & JIU-JITSU FITNESS INSTRUCTOR
- 3rd DAN BLACK BELT (TAEKWONDO ITF)
- FORMER RISE CHAMPION KICKBOXING (HIROSIMA JAPAN)
- WON SOUTH ASIAN GOLD MEDAL 3 TIMES
- 7 GOLD, 22 SILVERS & 58 BRONZE IN NATIONALS
- TRAINED UNDER GRAND MASTER BALA RAJENDRAN (INDIA)
PROFESSOR CARLOS ALMEIDA (BRAZIL)
KICKBOXING CHAMP CHUCHAI (JAPAN)
- CERTIFIED MMA, KICKBOXING & TAEKWONDO INTERNATIONAL REFEREE

**DR. RISHABH JAISWAL
(PHYSIOTHERAPIST)**



- FOUNDER OF REALIGN & REALIGN PRO PHYSIOTHERAPY
- DYNAMIC NEUROMUSCULAR STABILIZATION INSTRUCTOR
- GOLD MEDALIST IN MASTERS OF MUSCULOSKELETAL
- CERTIFIED CHIROPRACTOR
- DRY NEEDLING & ACCUPUNCTURE EXPERT
- CUPPING THERAPY EXPERT
- EX-PHYSIOTHERAPIST IN NATIONAL WRESTLING, MMA & BASEBALL.
- 2 TIMES PARTICIPANT IN GUINNESS BOOK OF WORLD RECORDS IN CYCLOTHON

**AKHIL DILIP AGRAWAL
(MANAGING DIRECTOR)**

- INDUSTRIAL ENGINEER
- FOUNDER OF EMPOWER LIFESTYLE
- OWNER OF BHARAT DEKOR
- GOLD MEDALIST NATIONAL MMA FIGHTER (LIGHT HEAVY WEIGHT DIVISION)
- SIGNED MATRIX FIGHT NIGHT FIGHTER

SERVICES

* WEIGHT LOSS AND FITNESS TRAINING

FAT BURNING, HIIT, KICKBOXERCISE, CROSS FIT, BODY WEIGHT TRAINING,
CARDIO, ENDURANCE TRAINING, FLEXIBILITY

1. Monthly	₹5000
2. 3 Months	₹15,000
3. 6 Months	₹25,000
4. Yearly	₹48,000

* MIX MARTIAL ARTS (MMA)

JIUJITSU, KICK BOXING, BOXING, MIX MARTIAL ARTS, MUAY THAI, WRESTLING,
CROSS FIT, BODY WEIGHT TRAINING, CARDIO, ENDURANCE TRAINING, STRETCHING

1. Monthly	₹5000
2. 3 Months	₹15,000
3. 6 Months	₹25,000
4. Yearly	₹48,000

* GYMI

STRENGTH TRAINING, MUSCLE BUILDING,
PHYSIQUE ENHANCEMENT

1. Monthly	₹2100
2. 3 Months	₹5700
3. 6 Months	₹10,000
4. Yearly	₹17,200

* YOGA

1. Monthly	₹1000
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SERVICES

* BATH HOUSE

1. Steam (For 60 min) ₹ 500

Benefits

Reduces stress, Burns calories, Workout recovery,
Improves circulation, Improves Skin health

2. Sauna (For 60 min) ₹ 500

Benefits

- Detoxification, Increased metabolism, Weight loss,
- Increased blood circulation, Pain reduction, Antiaging,
- Improved cardiovascular function, Improved sleep,
- Stress management, and Relaxation,
- Burns cellulite

3. Ice Bath (For 30 min) ₹ 800

Benefits

- Ice bath can reduce pain and inflammation
- Ice bath helps with focus and meditation
- Ice bath helps you relax and sleep better
- Surge in happy hormones, Dopamine & Serotonin

4. Oxygen Bath (For 30 min) ₹ 500

Benefits

- Detoxifies the body's internal systems for greater longevity
- Stimulates the body's immune system
- Promotes deep relaxation to melt away tension
- Enhances vitality and youthful energy
- Reverse aging, Improves cognitive function & Boost performance

Bath robe / Towel ₹ 100

SERVICES

* **PHYSIOTHERAPY**

1. Consultation ₹500

2. Cupping Therapy

(Cupping therapy is one of the most popular method for pain relief, post exercise soreness and getting recovery soon.)

(A) Full Body ₹1000
(For 10 min)

(B) Local Tissue ₹750
(Shoulder + Neck / Chest / Upper Back /
Lower Back / Hips + Thigh / Calf) (For 10 min)

(C) Single Cup ₹100
(Place of your choice) (For 10 min)

3. Chiropractic Manipulations

(Chiropractic is a modern re-alignment practices for the joint Mal-alignment which increases the range of joints and effective muscle power.)

(A) Full Body ₹1500

(B) Local ₹750
(Spine / Legs / Shoulders / Knees / Elbows)

4. Myofascial Release

(Myofascial Release (MFR) is a type of manual therapy, useful for treating skeletal muscle immobility and pain by relaxing contracted muscles, improving blood and lymphatic circulation.)

(A) Full Body (For 45 min) ₹1000

(B) Local (For 15 min) ₹600
Shoulder + Neck /Chest / Upper Back /
Lower Back / Hips + Thigh / Calf

Packages are available after consultation

SERVICES

* DIET PLAN LAYOUT

1. Consultation

₹ 500

Blood Report analysis
Body Composition analysis
BP check-up

2. Diet Plans

1 Week Plan

₹ 700

1 Month Plan

₹ 2500

3 Months Plan

₹ 6000

6 Months Plan

₹ 12000

12 Months Plan

₹ 23000

Conditions

1. Sports Nutrition

5. PCOD Management

9. Gut Health Diet

2. Weight Management

6. Thyroid Management

10. Arthritis / Gout Management

3. Cholesterol Management

7. Pre & Post Pregnancy Diet

4. Diabetes Management

8. Anti-Aging Diet

PACKAGES AND MEMBERSHIP

* ALL ACCESS

INCLUDES GYM, MMA, STEAM, SAUNA, ICE BATH, OXYGEN BATH AND GROUP TRAINING SESSIONS

1. Monthly	₹9500
2. 3 Months	₹27,000
2. 6 Months	₹50,000
2. Yearly	₹95,000

* GROUP REFRESH

WE CONSIDER 3 OR MORE AS GROUP

1. STEAM (FOR 60 MIN)	₹300/PAX
2. SAUNA (FOR 60 MIN)	₹300/PAX
3. ICE BATH (FOR 30 MIN)	₹500/PAX
3. OXYGEN BATH (FOR 30 MIN)	₹300/PAX

* PERSONAL TRAINING

WE CONSIDER 3 OR MORE AS GROUP

1. ONE ON ONE	₹6000/PAX
2. TWO ON ONE	₹4000/PAX
3. GROUP	₹3000/PAX

SINGAL SESSION (Trial Class) ₹500/PAX