


**GOOD
FOOD PARTNER**

FASTA PIZZA

M O V E



**MOTIVATE | OWN | VITALIZE | EMPOWER
2024**

8th JUNE, 2024
St. John's Auditorium, Bengaluru

Our Partners

**ACTIVE
NUTRITION PARTNER**



**SENIOR
FITNESS PARTNER**



**FITNESS
TRACKING PARTNER**



MOVE SUMMIT 2024

AT A GLANCE

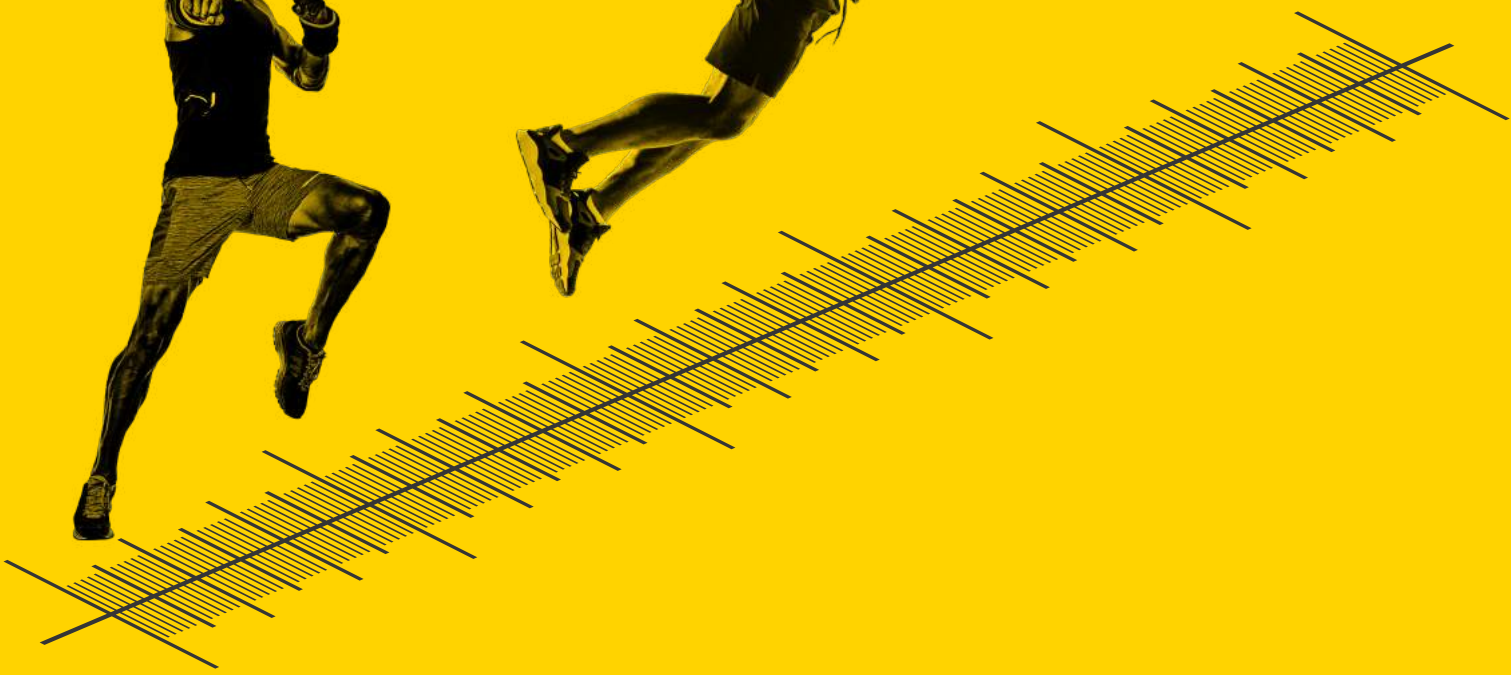
DISCUSSIONS



EXPERIENCES



SHOWCASE



SPEAKERS

Anju Bobby George

Senior Vice President – Athletics Federation of India (AFI)

Shwetambari Shetty

Dance & Strength Fitness Expert

Shweta Rathore

Winner Of Ms World Fitness,
International Athlete & Speaker

Huzefa T

S&C Coach And Co-Founder of
The Outfit Sports Performance

Dr Ayappan V Nair

Consultant Shoulder Surgery, Sports Medicine &
Arthroscopy, Manipal Hospital, Whitefield,
Sarjapur & Jayanagar

Raghu Hondadakeri

International Powerlifter, Kreedha Ratna Awardee,
Strength Coach & Expert Nutritionist

DISCUSSIONS

Finding Time for Fitness

Learn practical strategies, time-saving workouts, and mindset shifts to prioritize fitness amidst your hectic lifestyle..

Exercise Regimen & Injury Prevention

Expert insights on designing effective workout routines while minimizing the risk of injuries.v

Fitness & Weight Management

Discover effective strategies, understand effective workout regimes, and nutrition tips from industry professionals. Transform your lifestyle, achieve your fitness goals, and embrace a healthier you.

Bone And Muscle Health

Learn how A-listers stay in shape, their workout routines, diet hacks, and wellness practices straight from Industry experts.



EXPERIENCES

Strength & Endurance Circuit

Experience the ultimate Strength & Endurance Fitness Circuit! A dynamic blend of resistance training and cardio exercises designed to build muscle, boost stamina, and torch calories.

Fitness Trivia

Test your fitness knowledge and win on-the-spot prizes with our Fitness Trivia! Stay engaged, learn new facts, and snag exciting rewards while having a blast at our event!

Fitness Challenges

Take on our Fitness Challenges for a chance to win instant prizes! Push your limits with fun and rewarding physical tasks designed to test your strength, agility, and endurance.



SHOWCASE

Fitness Brands

Globally renowned brands that are synonymous with health & fitness.

Celebrity Appearances

Meet renowned celebrities who advocate fitness & wellness.

Experiential Zone

Explore innovative ways to elevate your workout routine and unleash your full potential. Don't just exercise – experience fitness like never before!

Food Kiosks

Indulge guilt-free at our Food Kiosks! Discover a range of delicious and nutritious options to fuel up and stay energized to power through.



Level Alpha α : AMRAP - 10mins

Exercise 1: Bodyweight Squats - 15 reps

Exercise 2: Push-ups - 10 reps

Exercise 3: Kettlebell Swings - 15 reps (F: 8Kg | M: 10KG)

Qualification: minimum 3 rounds

Top 50% with maximum rounds to move to next level.

Level Beta β : AMRAP - 10mins

Exercise 1: Dumbbell Thrusters - 10 reps (F: 7.5Kg | M: 10KG)

Exercise 2: Dumbbell box step-ups - 10 reps (F: 7.5Kg | M: 10KG)

Exercise 3: Double Unders - 60 reps

Qualification: minimum 3 rounds

Top 20 with maximum rounds to move to final round.

Ground Zero: Max Rep - 12mins

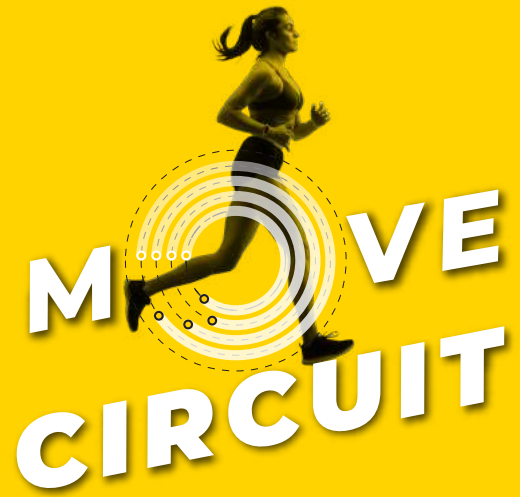
Exercise 1: 1 minute of Dumbbell Snatches (F: 5Kg | M: 7.5KG)

Exercise 2: 1 minute of Burpees

Exercise 3: 1 minute of Deadlifts (F: 40Kg | M: 60KG)

1 minute of rest and repeat

Qualification: Completion of 3 rounds



CONQUER THE CIRCUIT TO WIN CASH PRIZES

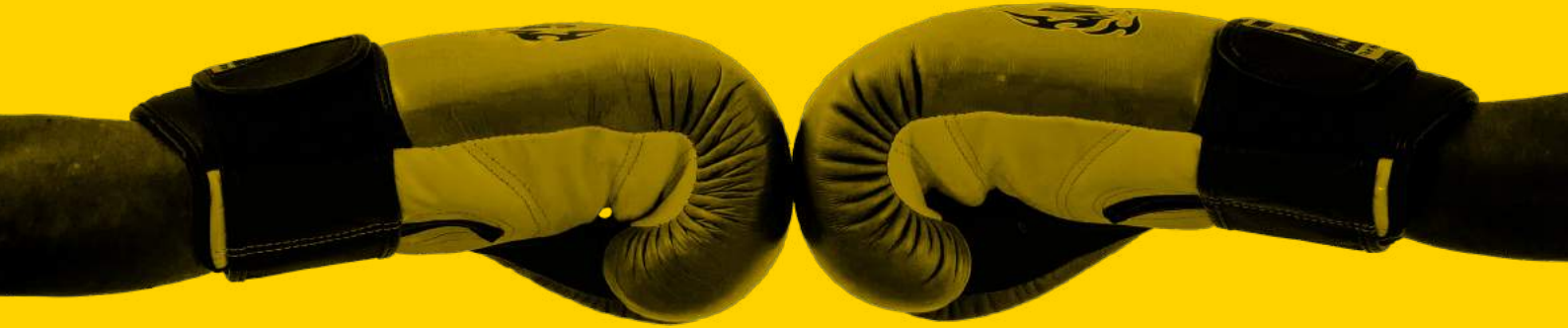
1st Prize: ₹50,000/- | 2nd Prize: ₹25,000/- | 3rd Prize: ₹10,000/-

ELIGIBILITY: 18+ and Active | PARTICIPATION FEE: ₹999/-

Note: This competition is subject to a health liability waiver, code of conduct, rules and guidelines which will be shared before confirmation of the participation.



CONNECT



SPONSORSHIP ENQUIRIES

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SPEAKER OPORTUNITIES

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