

ULTIMATE

MYPROTEIN



PRO ULTIMATE GYMS



NEWSLETTER NEWSLETTER

DECEMBER 2025





PRO ULTIMATE GYMS

EDITION #17

MONTHLY NEWSLETTER **DECEMBER 2025**



IHFF MUMBAI RECAP
POWER PACKED.
PERFORMANCE DRIVEN.
PRO-LEVEL PRESENCE.

TRAINERS OF THE MONTH



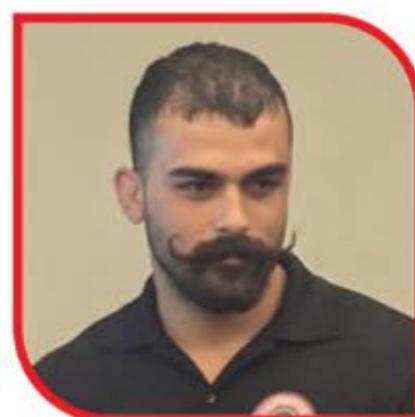
Abhishek

Pro Ultimate Gyms,
Palam Vihar, Gurugram



Ajay

Pro Ultimate Gyms,
Dhakoli, Zirakpur



Akshay

Pro Ultimate Gyms,
Ambala Road, Zirakpur



Aman Sethi

Pro Ultimate Gyms,
Hargobind Enclave, Delhi



Aman

Pro Ultimate Gyms,
Sector 117, TDI, Mohali



Amir Khan

Pro Ultimate Gyms,
Mahavir Enclave, Delhi



Amit

Pro Ultimate Gyms,
Sector 62, Gurugram



Ankit

Pro Ultimate Gyms,
Sector 32, Chandigarh



Anshu

Pro Ultimate Gyms,
Bank Square, Kharar



Azad

Pro Ultimate Gyms,
Sector 49, Noida



Harjinder

Pro Ultimate Gyms,
Khanpur, Kharar



Harkirat

Pro Ultimate Gyms,
Airport Road, Mohali

TRAINERS OF THE MONTH



Harry

Pro Ultimate Gyms,
Sector 8, Panchkula



Harsh

Pro Ultimate Gyms,
Sector 22, Chandigarh



Himanshu

Pro Ultimate Gyms,
Model Town, Ambala



Himanshu

Pro Ultimate Gyms,
Sunny Enclave, Kharar



Jagpreet

Pro Ultimate Gyms,
Paras Ram Nagar, Bathinda



Jaspreet Singh

Pro Ultimate Gyms,
Sector 89, Mohali



Karanjot

Pro Ultimate Gyms,
Sector 71, Mohali



Lucky

Pro Ultimate Gyms,
Kurukshetra, Haryana



Manoj

Pro Ultimate Gyms,
Sector 17, Dwarka



Mohit

Pro Ultimate Gyms,
Emaar Mohali Hills



Mukesh

Pro Ultimate Gyms,
Phase 2, Mohali



Navpreet

Pro Ultimate Gyms,
Sector 46, Chandigarh

TRAINERS OF THE MONTH



Nishu

Pro Ultimate Gyms,
Sector 14, Gurugram



Pankush

Pro Ultimate Gyms,
Bhupindra Road, Patiala



Rahul

Pro Ultimate Gyms,
Faridabad



Sachin

Pro Ultimate Gyms,
Sector 91, Mohali



Sahil

Pro Ultimate Gyms,
Saket, New Delhi



Shenawaj

Pro Ultimate Gyms,
Panipat



Shivam

Pro Ultimate Gyms,
Wave Estate, Mohali



Shubham

Pro Ultimate Gyms,
Sector 44, Chandigarh



Sourav

Pro Ultimate Gyms,
Hubballi, Karnataka



Sukhpreet

Pro Ultimate Gyms,
Phagwara, Punjab



Sunil

Pro Ultimate Gyms,
GMS Road, Dehradun



Sunny

Pro Ultimate Gyms,
Sector 102, Gurugram

TRAINERS OF THE MONTH



Suraj

Pro Ultimate Gyms,
Model Town, Jalandhar



Tarun

Pro Ultimate Gyms,
Urban Estate, Patiala



Piyush

Pro Ultimate Gyms,
MDC, Panchkula



Vivek

Pro Ultimate Gyms,
Sector 14, Panchkula



Mayank

Pro Ultimate Gyms,
Unnamed Branch



Vali

Pro Ultimate Gyms,
Patiala Road, Zirakpur



Vasu

Pro Ultimate Gyms,
Dugri, Ludhiana



Vikrant

Pro Ultimate Gyms,
Sirhind, Punjab



Vivek

Pro Ultimate Gyms,
Bestech, Mohali



Abhinav

Pro Ultimate Gyms,
Rajender Nagar, Dehradun



Ashwini

Pro Ultimate Gyms,
Pitampura, Delhi



Priya

Pro Ultimate Gyms,
Nirala Nagar, Lucknow

SPECIAL ACHIEVEMENTS OF THE MONTH



Pro Ultimate Gyms, Omaxe, New Chandigarh



Pro Ultimate Gyms, Mukut House, Amritsar

SPECIAL ACHIEVEMENT IN PERSONAL TRAINING



Gaurav & Dishant

AREA SALES MANAGERS OF THE MONTH



Divyansh
Pro Ultimate Gyms



Sanjana
Pro Ultimate Gyms

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Paras Ram Nagar, Bathinda**



**Pro Ultimate Gyms,
Urban Estate, Patiala**

BRANCHES OF THE MONTH



**Pro Ultimate Gyms,
Sector 38, Chandigarh**



**Pro Ultimate Gyms,
Palam Vihar, Gurugram**

FLOOR MANAGERS OF THE MONTH



Ishwar

Urban Estate, Patiala



Arjun Rajput

Sector 14, Panchkula



Parav

Paras Ram Nagar, Bathinda

NEWLY PROMOTED FLOOR MANAGERS



Sukhpreet
Phagwara, Punjab



Sachi Thakur
Nirala Nagar, Lucknow

NEWLY PROMOTED SR SALES EXECUTIVES



Pallavi
Wave Estate, Mohali



Rishabh
Model Town, Delhi

NEWLY PROMOTED BRANCH MANAGER



Sunny Taneja
Sirhind, Punjab



NEW BRANCHES



NOW OPEN

**Sector 149, Noida
Geeta Colony, Delhi**

OPENING SOON

**Sector 24, Rohini, Delhi
DLF Galleria Market, Gurugram
Medallion, Sector 68, Mohali
Ashok Vihar, Delhi
Block DP, Pitampura, Delhi
Paschim Vihar, Delhi
Bhopal, Madhya Pradesh
Chattarpur, Delhi
Hisar, Haryana
Siliguri, West Bengal
Sarabha Nagar, Ludhiana
Gomti Nagar, Lucknow**

INDIA'S FASTEST GROWING GYM CHAIN

EVENTS

PROTEIN MILKSHAKE SAMPLING SPONSORED BY "PRO ULTIMATE GYMS"

Pro Ultimate Gyms recently collaborated on a protein milkshake sampling campaign that took place across multiple centers. The activity, held in August, successfully reached thousands of members, generating strong engagement and visibility for the initiative. The campaign continued from 3rd to 7th November at the Sector 46, Sector 38, Sector 22, and Sector 71 branches, where members actively participated and enjoyed the experience. The partnership proved to be a meaningful association, and Pro Ultimate Gyms looks forward to supporting similar campaigns in the future.



EVENTS

IHFF MUMBAI - HIGHLIGHTS AT PRO ULTIMATE GYMS BOOTH

IHFF Mumbai was an outstanding weekend for Pro Ultimate Gyms, with the brand creating one of the most engaging and energetic spaces at the entire expo. The booth attracted heavy footfall throughout the event, boosted by star appearances from Amit Agre, Delta Dilip, and international fitness icon Ryan Terry. Their meet-and-greets, workout interactions, and fan engagements kept the crowd consistently gathered around the booth. Fun activities—including the highly popular arm-wrestling competition—added excitement and encouraged visitors to actively participate with Pro Ultimate’s team and athletes.

A major moment of pride was **Pro Ultimate serving as the Title Sponsor for the prestigious Bharat Pro Show**, further strengthening the brand’s association with top-tier bodybuilding events. The expo also proved beneficial on the business front, with multiple foreign clients visiting the booth to explore potential gym partnerships, franchising, and future collaborations. The weekend concluded with the IFBB Pro Card distribution, which added a celebratory finish to three days of high engagement and strong brand presence. Overall, IHFF Mumbai reinforced our growth, visibility, and position as country’s most impactful and fastest growing fitness brands.





TESTIMONIALS

BY FRANCHISE PARTNERS



RANVIR LONGIA

DLF GALLERIA MARKET, GURUGRAM

I am the owner of the Galleria Branch and a Paralegal & Private Investigator associated with Canadian law agencies. My journey with Pro Ultimate Gyms since June 2025 has been truly remarkable. Every business has its challenges, and I am grateful to Abhishek Sir and the leadership team for their constant support and guidance. What began as a personal passion for fitness has now grown into a clear professional path. With my partner, Nitish Sangwan and the strength of a rapidly expanding international brand behind us, we are confident in our direction and vision. From day one, the organisation has felt like family. Choosing the right people and platform has made all the difference, and I look forward to an even stronger journey ahead.

PRINCE

BHOPAL, MADHYA PRADESH

My experience with Pro Ultimate Gyms has been truly inspiring. Learning about Abhishek Sir's journey—from a small setup to a respected fitness brand—reminded me how far passion and perseverance can go. What stood out most was his commitment towards uplifting the community, which motivated me to stay focused on my own goals. Throughout my project, the entire team—JB ji, Vishal Sir, Harpreet Sir, Karanpreet Sir, Suryansh Sir, Surinder Sir, and Shubham Sir—was incredibly supportive. Their guidance and genuine willingness to help made the process smooth and meaningful. It felt like working with a team that truly cared about my growth.



NEW ON YOUTUBE



Abhishek Gagneja - Pro Ultimate

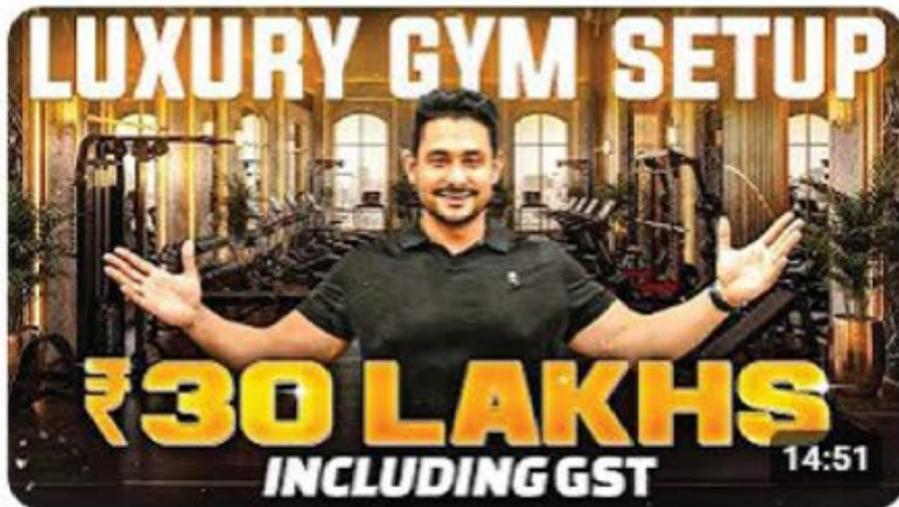
@proultimateindia • 290K subscribers • 1.4K videos

Welcome to the Pro Ultimate - Gym Equipment YouTube Channel - your go-to source for...

instagram.com/proultimateindia and 7 more links

Subscribe

Visit Community



Complete Luxury Gym Setup in 30 Lakhs | Pro Ultimate

27K views • 3 weeks ago



Top 3 Spin Bikes in India | Pro Ultimate

457 views • 9 days ago



Surfing Machine in the Gym!!! 🏄 Pro Ultimate

915 views • 2 days ago



Follow Us On Instagram :

@proultimateindia

Subscribe On YouTube :

@proultimategymequipment

IMPORTANT



SCHEDULE FOR January 2026

Training / Meeting	Day & Date	Venue	For
Sales Meeting	Saturday, 3 rd January	Offline - Mohali	Tricity Branches
	Monday, 5 th January	Offline - NCR	NCR Branches
	Tuesday, 6 th January	Online	Remote Branches
	Wednesday, 7 th January	Offline - Mohali	Other Regions
New Joinee Induction Training	Wednesday & Thursday, 14 th & 15 th January	Offline - Mohali	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Induction Training	Wednesday & Thursday, 14 th & 15 th January	Offline - NCR	Newly Hired Sales Staff, Trainers, FMs & Owners
New Joinee Software Training	Monday, 19 th January	Online - All Branches	Newly Hired Sales Staff, Trainers, FMs & Owners



www.proulimate.com

follow us :

 [@proulimategyms_official](https://www.instagram.com/proulimategyms_official)

 [@proulimategyms](https://www.facebook.com/proulimategyms)

 [@proulimategyms](https://www.youtube.com/proulimategyms)

write to us

 support@proulimategyms.in

to share CV/Resume

 careers@proulimategyms.in



Scan to know more