

## Best weight loss center in Bangalore

**Address**

23/1, 1st Floor, Coles Road, Frazer Town,

**Contact Person****Mobile Number****Email**

breakthroughstudiobl@gmail.com

Now get the maximum out of your weight loss workouts at one of the best fitness centers, Breakthrough Fitness Studio. They train with suspension training, bungee fitness training and many more workout training techniques such as Rip trainer, kettleball training, Agility ladder, Battle rope and much more. If you are looking for a real swift way to lose fat with burning calories, you should try the TRX suspension trainer which is gaining much popularity especially in gyms. You can lose up to 5 kg in 10 days depending on your body and medical history while working on improving your strength and reducing risk of cardiovascular disease. You can burn about 500 to 800 calories per a 50-minute session of bungee fitness training while your body continues to burn calories throughout the day after that. Bungee workouts are extremely powerful in losing weight as the main purpose of the bungee workouts is to keep moving your body as you work at the resistance of the bungee cord.

At Breakthrough Fitness Studio, you will encounter experienced experts who are committed to help you transform your body, lifestyle and your confidence. They offer workout training to suit the health needs and fitness experiences of all ages. They constantly work towards keeping their clients motivated with workouts that are fun and creative.

For more details, please visit <https://www.indiabusinessstoday.in/detail/best-weight-loss-center-in-bangalore-bengaluru-562633>

---