

# EXPO GUIDE

## JBG SHHM 2023



**DAY 1:** September 1, 2023 (from 12PM to 7PM)

**DAY 2 :** September 2, 2023 (from 10AM to 8PM)



**VENUE:** Abhaysinhraje Sanskrutik Bhavan,  
Ajinkyatara Sahakari Sakhar Karkhana, Shendre, Satara

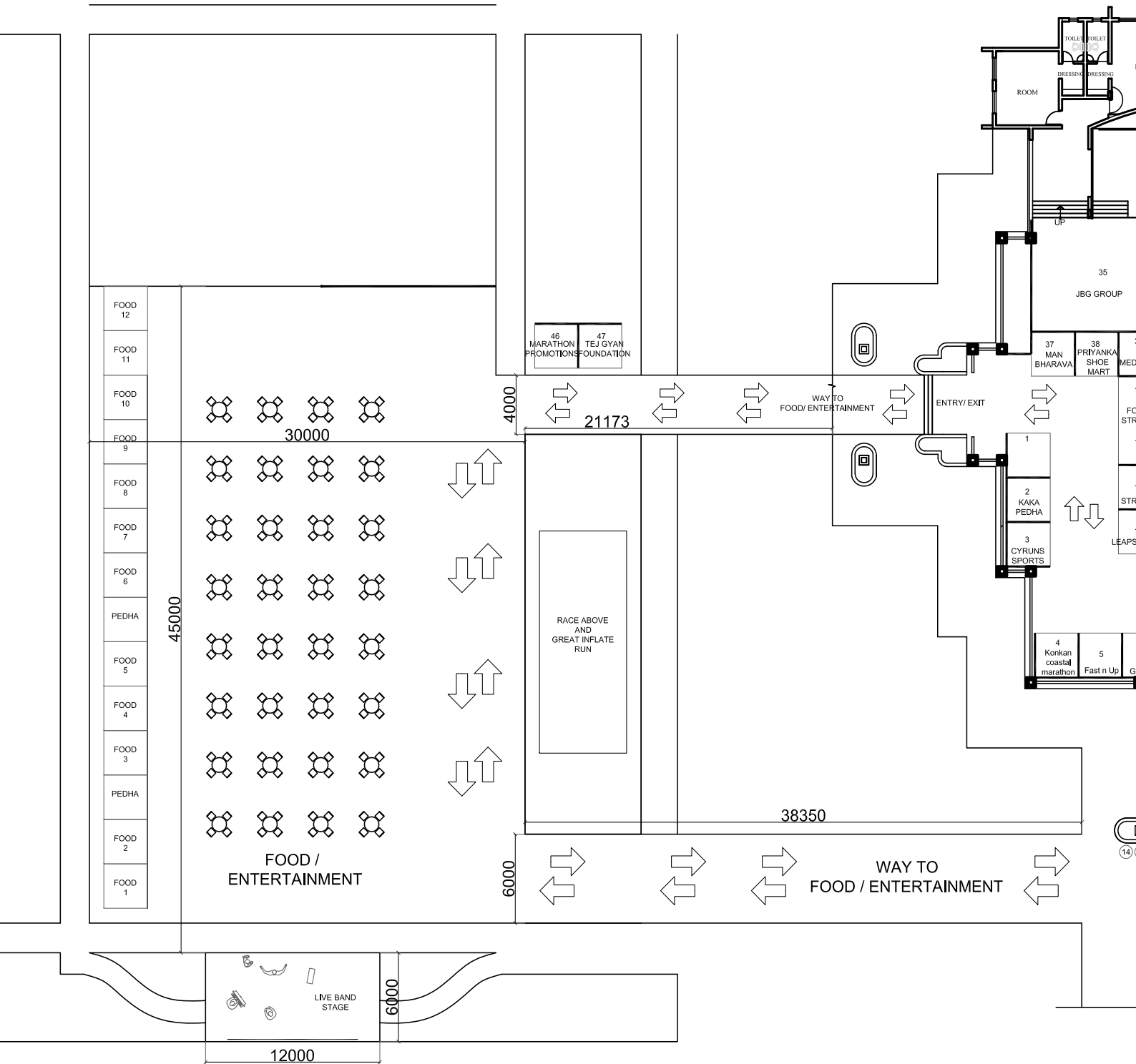


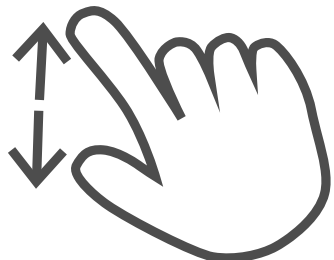
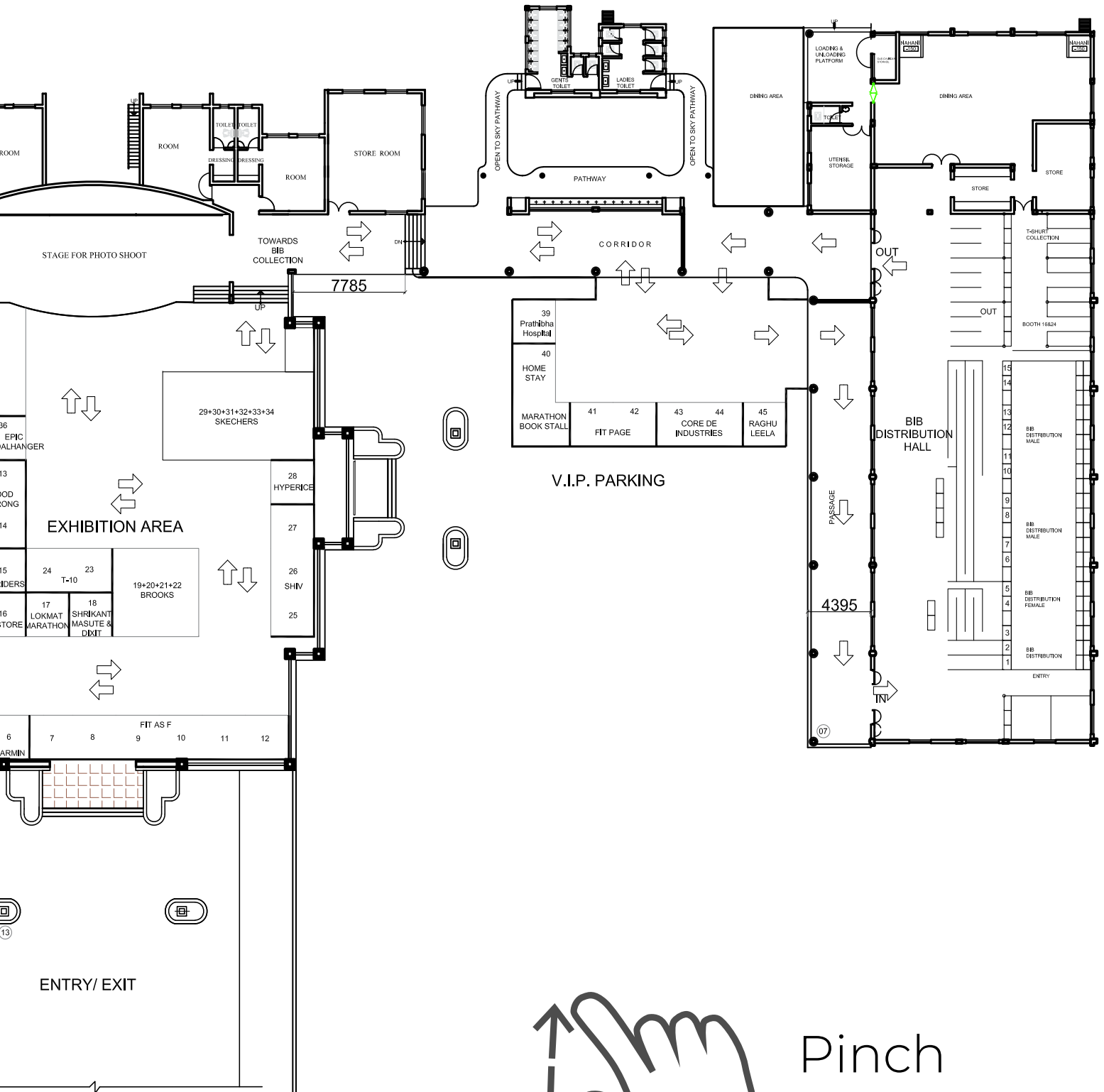
# **BIGGEST FITNESS EXPO**

## **In South Maharashtra**



# EXPO LAYOUT



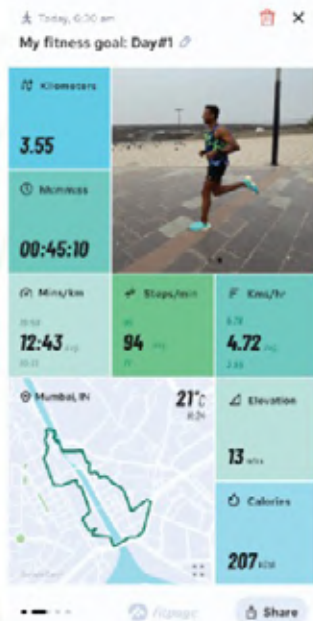


Pinch & Zoom





is India's first health and fitness platform that regards cardiovascular fitness as a marker of overall health and wellbeing. With **"MOVE BETTER, LIVE FITTER"** as its motto, all training plans, content and nutrition plans are curated and delivered keeping this very ideology at its heart.



**PACE AND NUTRITION RECOMMENDATIONS, JUST A FEW CLICKS AWAY**

**EASILY ACCESS YOUR PROGRESS AND GAIN INSIGHTS**



Scan here to download



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Available on



# At the Expo, you'll have the chance to...

- Collect your race bib and timing chip
- Explore the latest running gear and accessories
- Meet fellow runners and share your excitement
- Get expert advice from fitness & nutrition specialists



Scan / Tap  
to get directions  
to the expo venue





# MAHA MARATHON MAHARASHTRA'S

ultimate Running Festival is back!

# 6 CITIES

**Maha Mumbai**  
3rd Dec 2023

**Chhatrapati  
Sambhaji Nagar**  
17th Dec 2023

**Nashik**  
7th Jan 2024

**Kolhapur**  
28th Jan 2024

**Nagpur**  
4th Feb 2024

**Pune**  
18th Feb 2024

**Register  
now on**



**LACE-UP YOUR SHOES  
AND EXPLORE THE  
BEAUTIFUL ROUTES IN THE  
UPCOMING SEASON.**

# Endurance Nutrition Performance (Must Have's)

PRE-WORKOUT

• Burns Fat into Energy

• Helps Activate Muscles for a Quick Warm Up

• Caffeine Free, Nitrate Rich Beetroot + MCTs for Sustained & Long-lasting Energy



INTRA-WORKOUT

• Decaffeinated Gels

• Caffeinated Gels

**Instant Energy Gels**  
No Water Required  
On-the-Go Carbohydrates

30mg Caffeine



**Certified Electrolytes**  
for Hydration & Energy



**High Carb Sports Drink** for Progressive Energy



**Advanced BCAA** for Active Muscle Recovery





**POST WORKOUT**

**High Quality Protein, Sourced from USA**



**High Quality Pea + Brown Rice Protein**

- 26g Protein
- 4.6g BCAA
- 4.8g Glutamine
- Enzymes + Probiotics

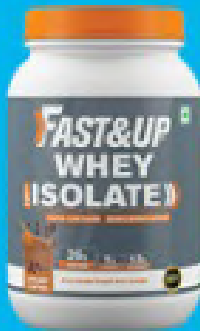


**Clinically Tested Protein for Superior Performance**

- 33g Protein
- 7g Nitro Blend
- BCAA
- L-Arginine
- L-Citrulline
- Beetroot Extract



**Grass-fed Whey Sourced from Europe**



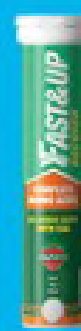
**26g Ultra Low Carb Whey Isolate for Unbeatable Performance**



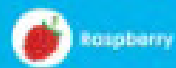
Easy on Stomach | Smooth & Creamy Texture  
Added Digestive Enzyme | Instant Mixability



**24g Hydrolysed + Isolate Whey Protein for Strength & Endurance**



**20 Amino Acids for Post Workout Recovery**



**DAILY HEALTH**



**Magnesium + Zinc**  
For Restful Sleep & Stress Relief



**21 Fast Acting Multivitamins for All Day Energy**



**Multivitamins + Amino Acid Blend to Boost Energy & Recovery**



**Complete Bone Health Care Formula**



Helps Protect & Strengthen Joint Health



1250mg Omega-3 Rich Fish Oil for Healthy Heart & Brain



500mg of Vegan DHA for Healthy Heart and Joints

Organic, Naturally Derived B-12 for Energy



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to get an additional 5% off

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# GARMIN®

**VENU 2 PLUS**

<b>BATTERY</b>	GPS WATCH MODE	WATCH MODE
	<b>8 HRS</b>	<b>11 DAYS</b>

- PHONE CALLS & SEND TEXT MESSAGES\*
- ALL-DAY HEALTH MONITORING
- 25+ BUILT-IN SPORTS APPS

**FORERUNNER 265**

<b>BATTERY</b>	GPS WATCH MODE	WATCH MODE
	<b>20 HRS</b>	<b>13 DAYS</b>

- 1.3" COLORFUL AMOLED DISPLAY
- TRAINING METRICS AND RECOVERY INSIGHTS
- HRV STATUS
- MUSIC

**FORERUNNER 965**

<b>BATTERY</b>	GPS WATCH MODE	WATCH MODE
	<b>31 HRS</b>	<b>23 DAYS</b>

- 1.4" COLORFUL AMOLED DISPLAY
- LIGHTWEIGHT TITANIUM BEZEL
- TRAINING METRICS AND RECOVERY INSIGHTS
- SATIQ AND MULTI-BAND GNSS

**INSTINCT 2X SOLAR**

<b>BATTERY</b>	GPS WATCH MODE	WATCH MODE
	<b>60 HRS</b>	<b>40 DAYS</b>

- GARMIN SOLAR
- LED FLASHLIGHT
- MIL-STD-810
- ALL-DAY HEALTH MONITORING

**EPIX PRO (GEN 2)**

<b>BATTERY</b>	GPS WATCH MODE	WATCH MODE
	<b>28 HRS</b>	<b>10 DAYS</b>

- BRIGHT AMOLED DISPLAY
- LED FLASHLIGHT
- ADVANCED MAPPING
- ADVANCED ALL-DAY HEALTH MONITORING

**FENIX 7 PRO**

<b>BATTERY</b>	GPS WATCH MODE	WATCH MODE
	<b>136 HRS</b>	<b>18 DAYS</b>

- Power GLASS
- TOUCHSCREEN
- TOPOACTIVE MAPS
- 40+ BUILT-IN SPORTS APPS

Available at **SHIVSPIRIT TRADING**

SHIVSPIRIT CTS NO.523/VI, Plot No. 11-12/2, Sardar Bazar, Vijay Height, Satara, 415001  
+91 93738 96399





# SAHYADRI CLASSIC

EDITION-05

SAVE THE DATE

**09th DECEMBER 2023**

A Ghat climbing event for:

- Elite cyclists to compete for glory, podium & prize money
- Recreational cyclists to earn bragging rights & a sense of achievement after conquering the Ghats

You can participate for :

- 1 GHAT
- 2 GHATS
- 4 GHATS

You can also team up with a partner for two or four ghats challenge

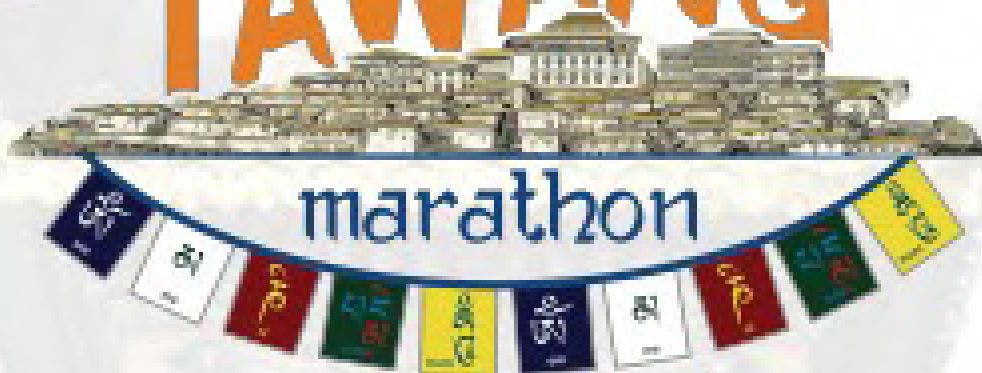
**REGISTER NOW AT:**

**[www.sahyadriclassic.com](http://www.sahyadriclassic.com)**





# TAWANG



1<sup>st</sup> Oct 2023



## TABOS WELCOMES

YOU TO  
**TAWANG MARATHON**

JOIN

**5KM | 10KM | HM | FM**



SCAN QR CODE  
FOR REGISTRATION

**DISCOUNT CODE**  
**INFLUENCERSPECIAL**



Managed By  
**CYRONS**





"MAX BENEFITS OF OATS"

# THE OAT BASED CLEAN LABEL PREMIUM BRAND



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+91-7410092192

[WWW.OATMAX.COM](http://WWW.OATMAX.COM)



## OAT SNACKS NAMKEEN

FOR THOSE PEOPLE WHO DO NOT APPRECIATE THE BLAND TASTE OF PLAIN OATS

ALL PRODUCTS ARE SHELF STABLE, PRESERVATIVE FREE, SHELF LIFE OF 12-18 MONTHS AT AMBIENT TEMPERATURE SPECIAL MILITARY GRADE STERILISATION

## MASALA OATS

OATS + MASALA



## OATS SOUPS

ATM PACK : ANY TIME PACK



SOURCED FROM THE FINEST FARMS

**NO** ARTIFICIAL COLOUR, ARTIFICIAL FLAVOURS, ARTIFICIAL PRESERVATIVES

Get Your Daily Dose of Nutrition in Just 3 Minutes with Our Ready-to-Cook Oat Soup!

THAT IS SHELF STABLE, FOR CALORIE CONSCIOUS PERSON, DIABETES, PERSON LOOKING FOR WEIGHT LOSS BY TRYING TO REDUCE CALORIE INTAKE BY AVOIDING SUGAR

## OAT SMOOTHIES



FIRST OF KIND: HIGH PROTEIN OAT SMOOTHIE SHAKE

Get Your Daily Dose of Oats and NATURAL FLAVOURS in Seconds with Our Ready-to-Make Oat-Based Smoothie Premix!

## FIRST IN INDIA FLAVOURED AND PROTEIN ENHANCED SHAKE RANGE OF OAT DRINKS



STEVIA SWEETENED NATURAL

PREMIUM CLASSIC

PROTEIN SHAKES 14.5 GM

BENEFITS OF OATS IN FORM OF READY TO DRINK OAT DRINKS LACTOSE FREE, PRESERVATIVES FREE, AMBIENT STABLE 12 MONTHS



## READY TO EAT OATS + CHOCO PROTEIN BARS

PRESERVATIVE FREE OATS BARS WITH LONG SHELF LIFE DATES SWEETENED

OATS, DATES BASED PROTEIN BARS NUTRITION

**GARMIN™**

*TheTriWorld.com*  
*Satara marathon*



**GARMIN FORERUNNER 55**



**GARMIN FORERUNNER 255**

email Id: [dinesh@thanesports.com](mailto:dinesh@thanesports.com)

website: [www.thetriworld.com](http://www.thetriworld.com)

cont. no.: 8879888773/7303906510



**Remember  
to bring Your ID  
and Registration  
Confirmation  
to make the  
process smooth.**





**#JBGSHHM2023**

