

HUMAN HIGH PERFORMANCE SPECIALISTS

ZINDUFIT®

RISEGRIND
ZINDUFIT

**Your premier destination for
Human High-Performance And Fitness excellence.**

**EXPLORE
OUR CATALOGUE**



ABOUT US

HUMAN HIGH PERFORMANCE SPECIALISTS
ZINDUFIT®

ZINDUFIT is a high-performance fitness Hub dedicated to optimizing physical health and athletic performance through science-based training and personalized programming. Established in 2024 and launched in 2026, we specialize in fitness advisory services including body composition analysis, tailored nutrition guidance, prehabilitation and rehabilitation exercise prescription, performance testing, and structured conditioning programs.

Clients can expect professional guidance, individualized support, and a holistic approach to training that focuses on movement quality, performance development, and long-term physical well-being. Whether you are an athlete aiming to enhance performance or an individual seeking improved health and fitness, ZINDUFIT provides the tools, structure, and expertise to help you perform at your best.

OUR MISSION

Our mission is to build a unified high-performance ecosystem that supports every aspect of human health and peak performance.

Our long-term vision is to create a digital integrated performance hub where strength and conditioning, movement, rehabilitation, nutrition, and medical expertise coexist—bringing together physiotherapists, chiropractors, biokineticists, dieticians, and sports doctors into one connected platform.

Through evidence-based training and collaboration, ZINDUFIT aims to develop resilient, high-functioning individuals and athletes while setting a new standard for holistic, sustainable performance care.

JOIN THE MOVEMENT

CATALOGUE

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TRAINING PROGRAMS

Basic Plan



Designed for all fitness levels

Build a strong foundation with full-body workouts that focus on simple, effective movements. This plan is ideal for beginners or those returning to training, with clear guidance and a practical nutrition breakdown to support your progress.

Pro Plan



Designed for intermediate & advanced levels

Take your training to the next level with performance-focused programming. This plan includes body composition analysis, plyometric exercises, and structured nutrition and supplementation guidance to support strength, power, and improved athletic output.

Hybrid Athletic Plan



Designed for all athletic levels

Our most comprehensive option, combining individualized full-body training with in-depth performance support. This plan includes body composition analysis, metabolism education, balanced meal suggestions, macronutrient planning, and supplementation guidance ideal for athletes seeking a complete, high-performance approach.

We offer three expertly designed training programs, each created to meet different goals, experience levels, and performance needs. Whether you're just starting your fitness journey or looking to elevate your athletic performance, we have a plan that works for you. Our programs cater to all physical activity levels, ensuring everyone has access to structured, effective, and easy-to-follow training.

STARTING FROM R250

CATALOGUE

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DIGITAL CONSULTATIONS

Take Your Fitness Journey to the Next Level – Anytime, Anywhere

Convenience at Your Fingertips

- Book a session from the comfort of your home.
- Perfect for busy schedules or remote locations.

Who Is It For?

- Athletes looking to enhance performance.
- Individuals trying improve their nutrition.
- Individuals starting or advancing their fitness journey.
- Those recovering from injury or needing expert advice

What We Offer

- Expert guidance from a qualified exercise science professional.
- Real-time coaching and feedback on form and technique.
- Insights on body composition and performance metrics.
- Nutrition Insights

Why Go Digital?

- Access professional fitness expertise from anywhere.
- Save time and energy while staying on track with your goals

BOOK

YOUR SESSION NOW

R100 PER HOUR

INVEST IN YOUR HEALTH WHILE IT'S STILL YOUR CHOICE.

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ONE PERSONAL ONETRAINING

GYM VIRTUAL OUTDOOR

Our personal training services are designed to meet you where you are, whether that's in the gym, at home, or outdoors. We offer three flexible training options, all delivered with structured programming, expert coaching, and a results-driven approach.

Gym-Based Personal Training

Train in a fully equipped gym environment with hands-on coaching, technical feedback, and progressive programming. Ideal for strength development, body composition improvement, and performance-focused training.

Outdoor Personal Training

Take your training outside with dynamic, engaging sessions that build fitness, athleticism, and mental resilience. Ideal for functional movement, conditioning, and those who prefer an open, energetic training environment.

Virtual Personal Training

Train from anywhere with guided sessions, structured programs, and ongoing support. Perfect for busy schedules or remote clients who still want professional coaching, accountability, and clear direction.

**STARTING
FROM R120
PER HOUR**

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BODY COMPOSITION & FITNESS TESTING

Our Body Composition Analysis provides a comprehensive insight into your physical health and performance profile. Rather than focusing on body weight alone, we assess key physiological and structural markers to help guide training, nutrition, and lifestyle decisions with precision.

Our assessments include skinfold measurements to estimate body fat percentage and body density, offering a reliable view of fat mass and lean tissue distribution. We record resting heart rate and resting blood pressure to evaluate cardiovascular health and recovery status. Hip-to-waist ratios and girth measurements help identify fat distribution patterns and muscular development, while range of motion analysis highlights mobility restrictions, asymmetries, and potential injury risk.

All results are logged and monitored through structured progress tracking, allowing us to objectively measure changes over time and adjust training or nutritional strategies accordingly. This data-driven approach ensures your program is tailored, measurable, and aligned with your long-term health and performance goals.

FULL
ANALYSIS
R300

INDIVIDUAL
ASSESSMENTS FROM **R60**

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KADENCE Running Club

Find Your Rhythm. Own Your Run

**R50
PER RUN**

KADENCE is a community-driven running club designed for social and health-focused runners who want more than just a run. Running is one of the most effective ways to improve cardiovascular health, build mental resilience, manage stress, and support long-term physical well-being. When done correctly, it strengthens the heart, improves endurance, enhances mood, and builds consistency that carries over into everyday life.

At KADENCE, we believe running should be enjoyable, inclusive, and sustainable. Our sessions are structured, progressive, and guided by professional coaching to help you move efficiently, reduce injury risk, and build confidence—whether you're just starting out or returning to running.

Beyond the run, KADENCE is about connection. We focus on building a supportive community where people train together, encourage one another, and enjoy the process. Every session ends with refreshments, reinforcing the social aspect that makes consistency easier and training more enjoyable.

What to expect:

- Social & health-focused running sessions
- A welcoming community built through movement
- Structured, science-informed guidance
- Refreshments after every run
- No monthly subscriptions
- Flexible pay-per-run model



DURBAN
THE WARMEST PLACE TO BE

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Why be great, when phenomenal is on offer

ZINDUFIT is home to performance-driven initiatives including KADENCE Running Club and our growing digital and in-person coaching services, all delivered by qualified professionals and guided by evidence-based practice

If you're ready to invest in your health, connect with us and take the next step. For bookings, enquiries, or consultations, reach out via phone, email, or our social platforms. Stay connected with ZINDUFIT on social media for updates, training insights, and community highlights.

CONNECT WITH US

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Social Media



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Find us on Youtube

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