

Supero Fitness

App Options



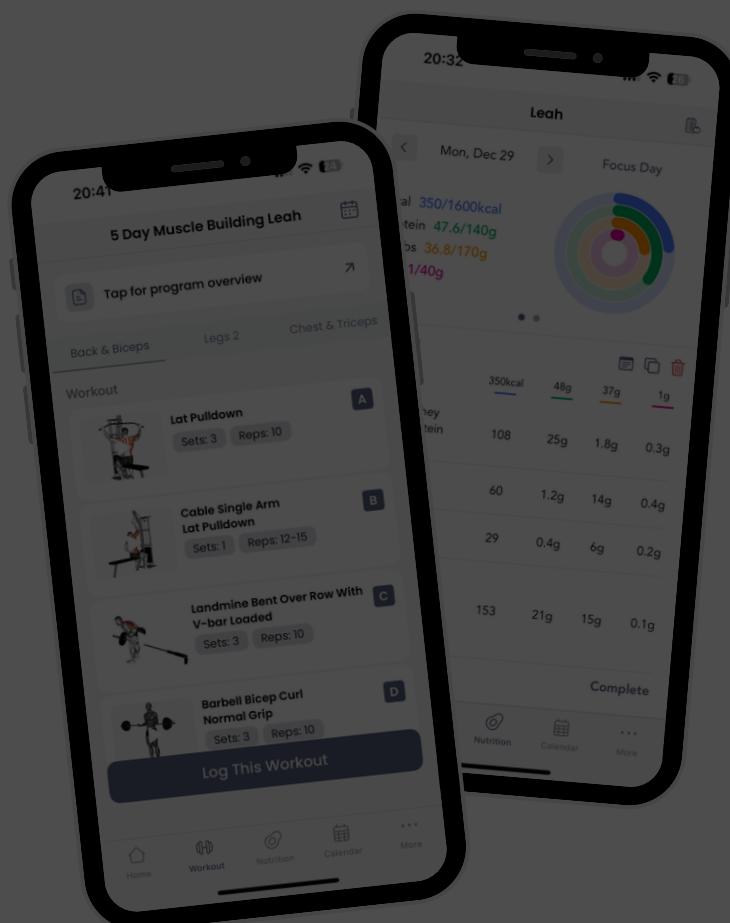
In app messaging



Workout Log



Check Ins



Wearable
Integration



Nutrition
Logging



Progress Tracking

One App. Different Ways to Train.

MySuperoFit is flexible.

Your training can change as your life changes.

You don't have to stop training with me to change how you train.

*Swap between options to suit
your current training
preference.*

1:1 Personal Training

Best if you want:
Hands-on coaching, in-person support
and accountability.

You get:

- Face-to-face sessions in my private gym
- App access to log workouts, habits and progress
- Programmes that evolve as you do

→ If life gets busy or you move away,
you can continue inside the app.

See:

Online Coaching
Training Systems
App Access

Online Coaching

Best if you want:
Support, guidance and accountability
without in-person sessions.

You get:

- Fully personalised workouts inside the app
- Coaching, feedback and check-ins from me
- Nutrition guidance, habit support and progress tracking

→ This is the most popular step after
1:1 training.

Training Systems (App Only)

Best if you want:
Structure without coaching.

You get:

- Ready-made training plans in the app
- Workout logging, tracking and progress tools
- Freedom to train independently
- Access to exercise library

🚫 No check-ins or coaching

➔ But support is always an option if you want more later.

App Access

Best if you want:

Independant Training & Tracking but
an app to log it altogether

You get:

- App access
- Workout logging, tracking and progress tools
- Freedom to train independently
- Access to exercise library
- Build your own workout

🚫 No check-ins, coaching or workout plans

➡ But support is always an option if
you want more later.

Freedom

You Can Move Between Options

Anytime 

This isn't a “pick once and stay forever” setup.

You can:

- Move from 1:1 → Online Coaching
- Start with Training Systems → Upgrade to Coaching
- Reduce support during busy periods
- Increase support when you need guidance again

 Your progress stays. Your data stays. Your app stays.

Not Sure What You Need Right Now?

That's Normal

We'll have a chat about your current lifestyle and how MySuperFit can work for you.

We can change it at any time if you want more / less support.

👉 Drop me an email
leah@superofitness.com



The Big Picture

*You don't outgrow Supero Fitness.
You move within it.*

Different seasons.

Different levels of support.

One place to train, track and progress.

