

MySuperoFit

3 Levels of Support: Find the
Right Fit for You

Supero Fitness

Fitness Training for Women

A woman with long brown hair, wearing a red sports top, is smiling and lifting two dumbbells in a gym setting. The background is slightly blurred, showing gym equipment.

Train with *Leah*

Online Coaching - 3 Tiers Explained

Personalised support. Clear structure. Real accountability.

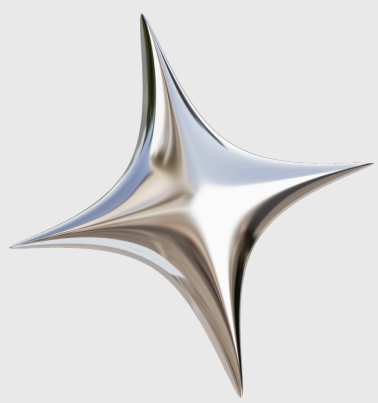
Work with me directly—like having a personal trainer in your pocket.

Best for:

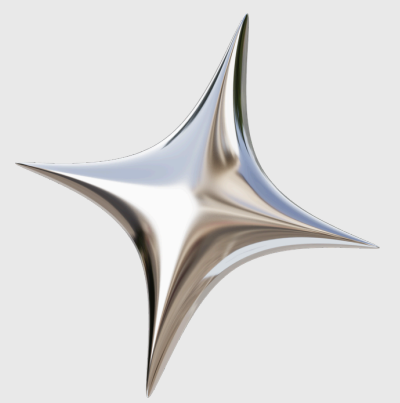
Those starting out, getting back into it, or wanting support & accountability.

This is for you if:

- You struggle to stay consistent
- You're unsure what you should be doing
- You want accountability
- You've started before but never stuck to it



Full Support



When you first start your fitness journey, you'll naturally need more support.

At the start, you'll learn how to build your diet around the meals you already enjoy, adjusted to fit your macros.

You'll likely have more questions around your workouts too, especially as I'm not there in person to guide your form. You can send videos, and I'll guide you back.

Your workouts may need tweaking more often at first as we find what works best, and you'll need regular guidance while everything starts to click.

This phase is about building clarity, confidence, and a routine you can rely on.

Medium Support

As you progress, you'll become more independent.

You'll feel more confident in your training, and food logging will become second nature as you consistently hit your targets.

You won't need as much day-to-day contact, so we'll move to bi-weekly check-ins instead.

That said, I'm always on the end of a message if you need anything in between.

I'll still be reviewing your logs weekly and giving you feedback where it counts.

I'm still right there with you — just giving you more space to own the process.

Essential Support

Confidence and knowledge has grown

You can now train confidently without needing guidance on exercises or form.

You're comfortable logging your food, or you may have moved into maintenance where you no longer need to track — the end goal.

At this stage, you simply need structured workout plans to support your ongoing progress.

Our check-ins are minimal, but I'm always at the end of the phone if you need me.

I'll still dip into your food & workout logs now and then, just to keep an eye on things.

I'm happy to jump on a call with you if you're unsure which level is right for you.

You can book this through my website or my link in my bio

I offer different support levels because if you already understand the basics, there's no need for me to take you through them again.

That's why my online coaching can suit you wherever you are in your journey.

*That said, it's important to choose the right level.
(As full support can only be given when selected)*

If you realise you need more support as you go, you can move up a tier at any time until you feel confident and fully in control.

The pricing reflects the time and input required at each level.

My Transparency With Pricing

Full Support includes approximately 1.5 hours of my time each week.

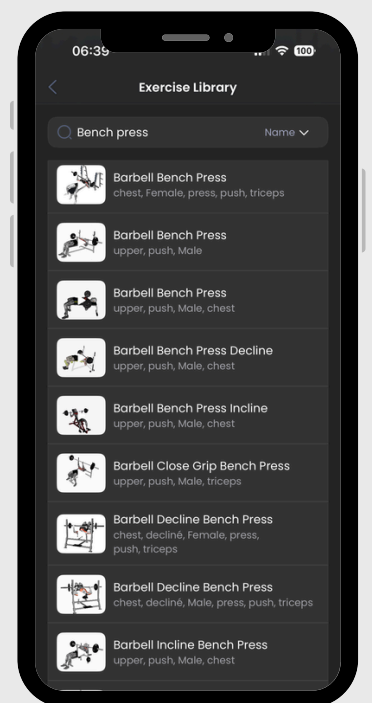
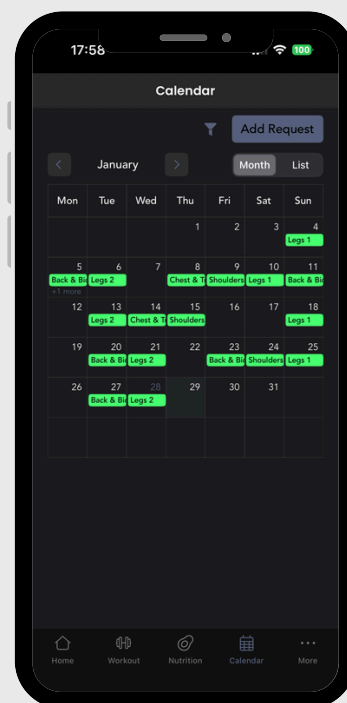
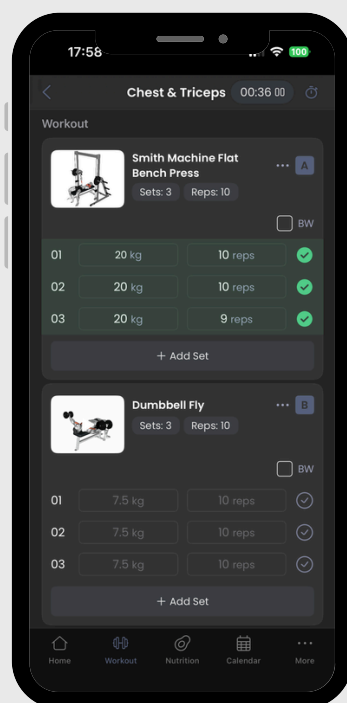
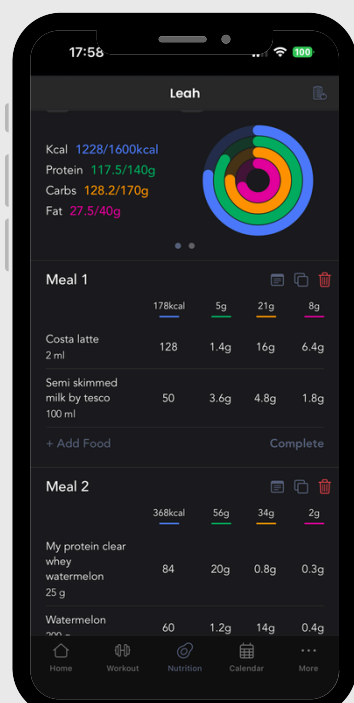
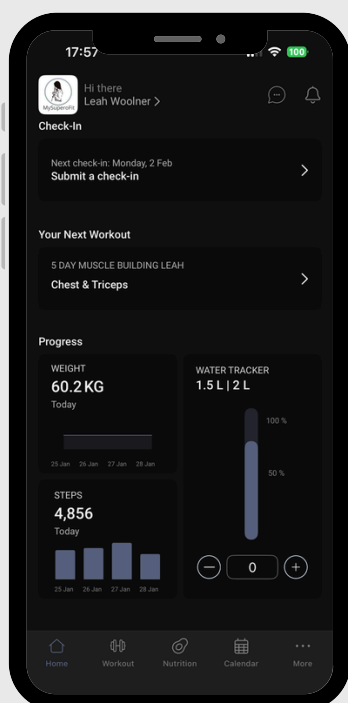
This covers both the behind-the-scenes work – (the stuff you don't see) analysing your food logs, your workouts, guiding your progressions, making regular adjustments, creating meal guides if needed – and the support you do see, like form check videos and ongoing contact through texts, calls or facetime.

Medium Support is based on roughly 45 minutes of my time per week, with regular feedback, adjustments, but a lighter level of review.

Essential Support is around 15–30 minutes per week, focusing on less review and minimal guidance.

MySuperoFit

Can also be used for independant training



Training Systems

If you **don't need** support but want an app with structured training plans included, to follow at your own pace and a place to track food, water, steps & weight.

Check out Training Systems



Progress



Build



Move



Home

App Only Fitness Access

If you don't need coaching and simply want one place to track your fitness habits – with your **own workouts added.**

Look at App Access only



Regardless of the plan everyone gets..

- 1000+ exercises with video demos
- Personalised or pre-built workout plans
- Food logging with calorie & macro targets
- Access to 1M+ foods for easy tracking + barcode scanning
- Daily habits, check-ins & goal setting
- Progress tracking with graphs, history & personal bests
- Progress photos uploads
- Workout timer, rest timer & session reminders
- Exercise swaps
- Load calculator
- Cardio log & full workout calendar
- In-app messaging

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