

John Murphy Fitness

8 Week Individualised Training Plan

Whats included →



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Baseline in-person
testing to determine
athlete profile as well
as re-testing to
measure progress
after 8 weeks



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Bespoke training
programme devised
based on athlete profile,
experience and goals
delivered via TrueCoach



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If you'd like to discuss your fitness goals, send me a DM or email at JohnMurphyFitness22@gmail.com

