

**Liam Conroy (English Light heavyweight boxing Champion)** - Using True Coach with Matty has meant that he could set me workouts, specific to me, for me to do remotely in my own time. It's as if I'm doing one of my one to one sessions with Matty. I have been using this tool for a couple of years now. Using it for every training camp in order to have a structured workout plan throughout training camp and I achieved my goal of becoming and defending the English championship boxing title.

**Vanessa Hill (CSC member)**- I've been following a personalised programme on True Coach for nearly 3 months now and I love it. It provides all the benefits of having a PT but without the excessive cost. I was already a member at the gym but struggling to get to classes regularly due to work commitments and had no routine to my workouts. I wanted to get some consistency into my training and focus on building a solid foundation of strength and fitness before trying to do anything too fancy or complicated, as well as addressing some weak points - an old shoulder injury had plagued me for months! After a short but thorough consultation with Matty I came away with a personalised programme, tailored to suit my individual needs and goals and designed to build up my overall strength and fitness, particularly in the dodgy shoulder. I found the True Coach app easy to use, with full instructions on each exercise and videos to follow. You record each exercise so you (and Matty) can track your progress and see where you're improving. Regular check ins with Matty mean the workouts are totally personalised and designed to keep challenging you - this isn't a one size fits all plan! Another bonus is the flexibility to do the workout in your own time, so you're not committed to a class time and can fit it in around other commitments. Since starting on the programme I've not missed a session, have seen significant improvement in my strength (PBs all round) and best of all - I've got no shoulder pain! I'd definitely recommend - give it a try - you won't regret it!

**Kelly Turner (CSC member)**- I've just finished my first block of training with Matty and the TrueCoach app and I'm really impressed so far. After losing enthusiasm for workouts at my old gym, I decided I wanted to step up my training and set some goals for myself: . 1.5x body weight deadlift and squat . Unassisted pull-ups and Increase push-up strength. From there Matty tailored a plan to me and structured the workouts around my goals. This approach has helped me to progress towards my targets week on week. I have found the app to be a really good way of keeping on top of my training. I can log the weights I use each session, and any mobility issues I might have during the workout. Matty uses these notes to follow my progress and focus on areas for improvement. There are videos within the app for any new exercises, which help me to check my form. I find this a really useful reference, as I've been prone to injury in the past. The plan has helped me to take accountability for my progress and really push to give all I can during each session. In only 4 weeks I already feel stronger, leaner, and more confident in my training. I'll be booking in my next block with Matty soon!

**Michael Weetman (Remote programming for mma)** - I've been working with Matty for the past 6 weeks in preparations for my first MMA (charity) fight.

Remote coaching certainly isn't for everyone. There's no one there to cheerlead you, you have to get the head down and make it happen. What has been a standout for me is the level of support and little details that Matty picks up on that really drives home the effectiveness of his programming.

I came to Matty after a bad dose of sciatica which he helped me rehab, not with your typical rehab, I didn't want to feel like I was broken so he designed my strength training to tackle my imbalances which was exactly what I needed! I've genuinely never felt in better shape as I am now. I feel strong, powerful but also balanced and capable.

It's been a brilliant 6 weeks and I will be continuing to work with Matty remotely in preparations for competing again next year.