



# SAM MURPHY

OWNER & TRAINER

## PERSONAL PROFILE

My goal is to help others achieve their own personal goals through smart training techniques and methods. I enjoy seeing others succeed and being apart of that journey.

## SKILLS

- Body Composition and Transformations
- Powerlifting Training Methods
- Nutritional Guidance
- Meditation & Breathwork

## COMPETENCIES

- Cert III Fitness Instructor
- Cert IV Personal Trainer
- Cert II Health care
- Grad Diploma in Business Management
- Masters Degree in Business Administration

## TRAINING SERVICES

- One on One Personal Training (Limited Availability)
- Group Technique Sessions
- Online Coaching (Limited Availability)

These include but are not limited to:

- Personalised Training Programs
- Nutritional Guidance
- Technique Development
- Goal Setting

## CONTACT DETAILS

Address: 24/7 Power Fitness Rockingham  
Phone: 0404 106 904  
Email: sammurphyfitness@outlook.com

## PERSONAL GOALS

- Build the gym community
- Help grow Powerlifting in WA
- Mentor and develop new trainers
- Become stronger both mentally and physically
- Become the best 125kg Powerlifter I can be.



14-16 Commodore Drive, Rockingham, WA