



PERSONAL TRAINER **EXPERT**

LEARN EVERYTHING YOU'RE NEEDING TO KNOW
ABOUT PERSONAL TRAINING

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Introductory

The fitness industry has taken long strides in order to ensure that the society which fuels its existence get the best kind of service and products it can possibly offer.

Technology and innovation have been part of this industry's campaign to routinely and consistently give clients and consumers the highest quality of facilities these people can perform their prescribed exercise programs.

Due to ongoing developments in the fitness industry more and more opportunities in terms of careers and professions are being given away. One of which is the personal trainer post. Do you have what it takes to become the personal trainer?

You have to have two basic components before considering a job as a personal trainer. First and foremost, you have to love health because this is what you're going to strengthen and advocate all throughout your career.

The next thing is that you should always be on the go and on top of your game. How will you influence someone to bring change in his health habits and beliefs if you yourself are so lackadaisical?

Another thing is that you have to get acquainted with the different positive traits that a personal trainer should have. First on the list is that you have to be flexible. Well not only literally because it will surely help but more so of being able to deal and communicate well with different types of people. Enthusiasm is another important factor in influencing your client so make sure your enthusiasm meter is always filled up to the brim.

As part of your constant social state with different types of people you should have that one trait that not so many people are gifted with. Charisma is a key item if you want to be personal trainer. It will help you build better rapport with a lot of people so as a result you get your full share of regular clients.

Don't forget that you also need brain to thrive in this profession. Sculpture abs and bulging biceps are not enough to put you on top. Knowledge of what you are doing and the appropriate teaching skills are very significant to aid

you as a personal trainer. And finally, you have to purchase a long string of patience. Most of your job entails working alongside people who have low self-esteem and bad habits such as inconsistencies and laziness. You should learn to keep your cool and composure. Learn to motivate the right way without pushing your clients too much.

If you think you have most if not all of these qualities and you're quite ready to deal with people in the fitness industry then it's high time you get your certification. Yes, that's right you can't just barge into the picture and order people around to get sweating. You need proper authorization and accreditation. There are various professional agencies and organization wherein you can be certified.

In this way you can proudly state that you have undergone the needed course of study, workshop, or seminar to consider you to be the right man for the job.

It's best to check out the different requirements and protocols before engaging into your certification phase. Another thing is that you should be keen in picking your choice for the professional organization that will give you accreditation.

You believe that you are fun to be with. You are the positive type of person. Then why waste time? Go on ahead and get your certification end route to enjoying the rest of your professional life as the personal trainer.

Chapter 1: Knowing Your Personal Trainer

At the boom of the present generation people of all ages have been in one mind set and that is to keep the mind and body healthy.

It has been a realization over the past years that the world is being gradually and consistently plagued by all sorts of nasty stuffs. The pollution on land, air, and water is at an all-time high. Stress has been given emphasis as a contributing factor to all sorts of disorders and ailments.

Over the years a lot of new diseases just pop out in the open and kill many before it is even recognized. The fact of the matter is the fitness industry is on the right track. It has been aiding people who want to ensure that they are safe, strong, stable, and healthy all the time. Alongside the era of fitness is the birth of a modern-day profession. It's time to get into the groove while knowing your personal trainer.

Basically, a personal trainer is someone who is certified and competent to aid you during your exercise regimen. Let's face it not all of us are alike in terms of having knowledge about our anatomy and other bodily functions. Not many people can say that they function on their own when it comes to the performance of various exercises.

That is why personal trainers came into being. They are by your side to make sure that you get the job done and especially without doing damage to your body.

Now let's get things into a more proper and clearer perspective. Fitness has a more specific definition of who is healthy. You are definitely healthy if you can perform various types of exercises and aerobic routines without being stressed or dealing trauma or injury on your body.

In other words, you can stand on your own and no known disease is hindering you from doing prescribed routines. Now if you're not this kind of person then a personal trainer as recommended by medical and fitness experts come into the scene to make the ordeal easier for you especially

nowadays that more and more elderly need attention and rehabilitation in order to maintain proper physiology and bodily mechanism.

Nowadays due to the growing trend of fitness and health, people are starting to exercise at an early age but normally the population that comes into fitness centers are at around the age of 18 to 50 years. Males go about 45 years and younger while the females do their thing at about 55 years and younger. During your encounter with a personal trainer you may come in contact with the five fundamental components that make fitness as it is.

These include cardiovascular capacity, flexibility, total body composition, overall muscular endurance, and of course strength. These are the aspects that are to be targeted with the help of your personal trainer. You may also be advised to adjust in terms of speed and power during the routines that are part of your program.

It's really a good thing that man was created by God with a lot of problem-solving and adaptive skills. Think about the time when personal trainers were so much accessible and only the ones that can really pay can get their competent services but now due to innovations and proper development in the field of fitness you get the chance to know your personal trainer.

Chapter 2: How To Hire A Personal Trainer?

Not only ladies and gentlemen who can benefit if they hire a certified Personal Trainers, even children can be benefiting that will help them to lose weight, they will also learn skills of new sports and improve their levels of fitness.

There are more benefits to earn when hiring a personal trainer or a private fitness instructor into your house that includes an exercise motivation will increase and create more discipline. Personal trainers are just like your personal coach for your selected sports such as boxing, basketball, hockey or anything that will needs a muscular strength.

Through this chapter will teach you in hiring a personal trainer for effective way that surely will make you happy because of the benefits to get.

Preferably, you need to hire a personal trainer because of not being comfortable anymore when going to a fitness gym or health clubs and of course, you are not aware of the different gym equipment and you wanted that a personal trainer will teach and guide you about the Bosu balls, stretch bands or wobble boards.

You need to hire a personal trainer because you came up with a recent injury and hurt your spine or even gone from a chemotherapy, a certified personal trainer is in line with your needs to guide you in your daily exercise to restructure your misaligned spine.

You prefer to hire a personal trainer because of an ultimate goal such as marathon or your first ten-kilometer race. Most of trainers are specialize in marathon fitness plans. Of course, you are now bored from your old fashion exercise and needing a new fitness program with your personal trainer. An instant motivation from your fitness instructor to give you reasons why you have to exercise and not just sitting around the corner.

When hiring a personal trainer, you have to look for the credentials and certification programs from an accredited fitness health association. Make sure that if you want your tummy to tone down, your personal trainer is

certified for that goal. In contrast if not certified, instead your tummy tone down, you will create a six-pack abs. And of course, you don't want to happen, not meeting your ultimate goal you'll be dismayed. Make sure that the personal trainer you want to hire got his certification from a high-quality association or organizations.

But in case, you will find a personal trainer who's certified but not in you prefer high-quality organizations, don't reject them immediately, research first where he/she got his/her certification by yourself. Word of the mouth or a gossip from your friends who already hired a personal trainer, you can ask them about their experience with their personal trainer.

If you are satisfied what they are testimonies, you can immediately hire their personal trainer for a different time not contrasting their time with you prefer trainer. But if the trainer and your friend will allow you to join with them to make a discount, grab it, don't think twice to save money.

And lastly, you better check their fees. Most of the Personal Trainers may charge you from \$30 to \$90 per hours but as mentioned earlier you can join with a friend, you can save a little money in your ultimate fitness goal.

In hiring a Personal Trainer, you will be investing for healthy life, don't hesitate to invest it for your own good.

Chapter 3: How To Be A Personal Trainer?

Maybe you are wondering that you want to apply for a Personal Trainer job but you are not sure if you are qualified.

To give you a beautiful introduction, there are lots of gym, health and fitness club needing a personal trainer for their clients. Most of the gyms right now are struggling to their client for a minimal support of a personal trainer because the ratio is 1:10 gym clients per hour. This article will help you in how to become a personal trainer.

First of all, you must be well-fitted. You regularly do your exercise to tone your muscles to make you one of the sexiest individual particularly in your community. Then, you study hard as well as work hard to be a certified personal trainer. If possible, get your personal training certification to the well-known personal training association or organization that gives certification.

You have to prepare your resume as prescribe by all the personal trainers association in hiring a personal trainer. But before typing any letter in your personal training curriculum vitae in front of the computer, you have to come up with what are the main topics to enter in your submission.

The following topics are: (1) Your Goals and Objectives; (2) Your Experiences; (3) Your Certifications; (4) Your Training and Workshops; (5) Your Education; (6) Your Achievements; and (7) Your Other Skills.

Then, if you already polished your personal training curriculum vitae, you are now ready to submit it. But before that, make sure that you don't have any typographical errors or the worse is you have grammatical errors. You have to read at least twice in every page. Check also your margin in each side—One inch by one inch in all sides. Then you have to print it in a legal size white bond paper. Warning: no extra colored papers just like the other woman did.

You are now applying like a fashion model. Make sure also that whatever you put in your curriculum vitae, you memorized it because most of the

interviewers ask their interviewees depends what is written in the vitae. To add more first impression in your interviewer, you have to spray for a gently perfume or cologne. Even though, you are applying as a personal trainer, you have to hand over your curriculum vitae in a formal dress but you have to bring with you an extra fitness attire in case they want you to train and observe you how to train your prospective clients inside the gym.

Now, I'm sure, you are ready to go to health and fitness gym to apply as a Personal Trainer. Remember this, you have to pray first so that you will surely 100% hired.

But in case if you are applying as a Freelance Personal Trainer, make sure that you create your own network that will help you to market yourself. If possible, you can make a website about your fitness services which includes personal training at home with discounts in most of your services. If you found one prospective client, don't ever mention first about your payment scheme.

You have to introduce first all your services then your education, training and certification and wait your client to ask about your payment scheme. And if your client is not happy with your scheme, try lower your price and give them discount.

Chapter 4: Common Job Options for Personal Trainers

Contrary to common beliefs, personal trainers are usually not just confined into the premises of gyms and health and fitness clubs.

These days, such professionals are also getting into other venues and establishments to offer their professional services. Many prospective clients also find comfort to know that such trainers could now be found in leisure, business, recreational, and home settings.

Personal trainers are professionals who are very much qualified to assist and guide people into having good health and more active lifestyle. Aside from having earned four-year college degrees in kinesiology, exercise science, or other related programs, most personal trainers today are also certified by major physical training organizations in a specific state or area. Thus, they surely are keeping high standards and expertise to provide clients only the best and most reliable services.

As mentioned, other than working in gyms, fitness centers, and health clubs, modern personal trainers could take other job options at the following venues:

Spas and resorts. Spas and resorts are undoubtedly among the most popular recreational centers to date. Because of the intense competition, such establishments are usually offering more value-added services. Included in those added offerings are personal training services.

In general, most of the currently sought-after all-inclusive resorts are hiring trainers to serve as fitness instructors that would teach specific exercise classes, which are offered as additional persuaders to make visitors keep on coming. Many personal trainers prefer working in spas and resorts for their own comfort, convenience, and enjoyment.

Cruise ships. Even luxury cruises are now offering physical training as value-added or bonus offerings to guests. Personal trainers who prefer to work in cruise ships should agree to go on with the vessel regardless of destinations. Many luxury travelers on cruises want to get personal training during idle

days, when they have nothing to do but to relax and enjoy life. Most cruise ships today offer personal training services for competitive reasons.

Corporate Fitness. After global companies have started focusing on corporate social responsibility, there is another rising trend these days. Many businesses are now aiming to make their staff maintain good health and fitness despite long hours of sitting in front of computers or being confined in office premises. The corporate sector is undoubtedly becoming one of the fastest-growing areas where fitness and health emerge.

Wellness packages offered by companies include personal training sessions, wherein personal trainers would be assigned to each willing employee. Occasionally, trainers also meet the entire staff to teach them how to do indoor and simple physical exercises to induce active body movements.

In-home training. Personal trainers could also opt to accept in-home training sessions. Through this, they would come over to a client's house and facilitate the training program there. Usually, this kind of service is in a premium compared to the conventional type. However, clients prefer it more for security and convenience reasons. In-home training works for personal trainers whose clients are within their vicinity. Otherwise, this could not be a good option.

Work-for-yourself. Personal trainers could always function as his own independent contractor if he does not want to be affiliated by any health and fitness club, which could impose on him hefty commissions. In many instances, independent personal trainers opt to establish their own fitness studios eventually.

Chapter 5: Intimate Personal Trainer

There are times when you get so much busy on your office work that you tend to forget about having a little bit of quality time with your partner or wife.

Often times this is the cause of marriage and relationship breakdowns. It's sad to note that a lot of these stuffs go through with or without legal process when it should and could have been prevented. One thing you can do to spice things up and ensure that the spark is kept alive is by continually engaging in activities that you both enjoy say for example living a healthy lifestyle.

Go on and take advantage of the ongoing trend of keeping it trim, lean, and fit. Ask your partner out and make him/her your very own intimate personal trainer.

There are lots of things you can do while maintaining the connection with each other. You both practice thorough and practical communication upon doing so.

One of the things that you can do after getting an agreement on the ample and proper free time from work is to go right ahead to a local store where you can both pick up the best and healthy packs of food. Everything that you did in the past will just keep on whirling back.

It's like a trip on memory lane while you and your partner pick out the right kind of nourishment. You can take the kids along too. What can you do apart from buying food? Well you can either go to your favorite restaurants that serve nutritious and healthy treats or you can just stay at home grill up a barbecue and enjoy a fun-filled time with your partner and your family.

This is only the start. You can do more bonding activities physically with your partner/personal trainer. Read books and magazines that you can use as sources of good buddy exercises. You can also search the internet for exercises and routines that you can perform together. Both of which are really preparation for how you and your partner can train alongside each other and build a stronger bond between the two of you.

Now let's head on to the training proper. Let's say it's a weekend you can both wake up smiling and put on those running shoes. How can you be personal trainers for each other? Well the simple support and company offered by both of you can bring you good results in every aspect of your running or jogging.

It's a sure thing that you can go the distance without too much effort since it's just like spending time chatting with your partner. You can also monitor each other's progress throughout the running/jogging time.

If you prefer to get off the land then why not go swimming with each other. Swimming and water sports have been found to be very good cardiovascular workouts. They also keep your body well-trimmed and in tip-top condition. The added bonus is that you get to this with the person you love which is priceless.

Plus, you get to see her in all her glory and sexiness. Both of you enjoy the company of one another.

There are lots of other stuffs you can do as part of your training. There's dancing, boxing, or simply heading out to the gym. The important thing is that every time you go out with your intimate personal trainer you hit two birds with one stone. Both of you stay healthy, happy, and contented.

Chapter 6: Tips for the Elderly - Hiring Professional Trainers

Even if you are in your 50s, 60s, or 70s, it is still not too late to get into a physical training program.

Regardless of age and gender, you should still be conscious about your health and your weight. It is still never too late to hire the services and assistance of personal trainers. However, there are several important considerations you should take before you finally decide which trainer to hire.

If it is your first time to hire a personal trainer, you should first and foremost consider your need for one. Your fitness and health club might not provide an introductory program that would familiarize people like you with all the fitness equipment and techniques. Your specific medical concerns could also require you to hire assistance of well qualified and professional trainers, who would be effective in showing you how to properly use equipment and implement certain exercise programs.

What should you look for in personal trainers? As a beginner, you should not take any excuse to not be able to find and hire the best and most appropriate personal trainer there is. You have to make sure the professional you would choose would be able to effectively facilitate a personal motivation to assist you in establishing consistency and purpose. Aside from that, you should also not set aside budget constraints.

The best suggestion experts give you is to evaluate each personal trainer for their respective 'people' skills. It is very important that you make sure your trainer would be able to communicate effectively in terms that you certainly would easily understand.

He should also be able to relate comfortably with your age as well as medical concerns, and most of all, he should be able to sincerely listen to all your inquiries and concerns. You should set appointments or take time to personally meet and talk to every personal trainer, who could be an ideal candidate for you.

During the process of selection, do not forget to ask every trainer personal references. Choose the professional who have adequate experience in working with older people like you. It would be ideal if you would be able to see them actually work with their current clients. You could do so (observing) whenever you drop by the club. Do not consider personal trainers who are often seen staring into space of chatting with fellow trainers and several club members at the same time their clients are doing physical exercises.

It would be your decision if you would consider age and gender in selecting a personal trainer. Would you be comfortable working with a trainer who is of the same age as your own grandchildren? Would you be cozy working out with a trainer who is of the opposite sex? These and several other reasons would justify why you should set a personal interview with every prospective personal trainer.

Lastly, consider the costs when considering hiring personal trainers. Always bear in mind that hiring a personal trainer should be a significant investment, though it should not necessarily be expensive. Almost all trainers are charging per hour, so take note of that. If you would decide to pay for multiple sessions in a package, it would help if you would seek for discounted rates.

However, value professional relationship, not price, so you could bring the best out of personal training sessions.

Chapter 7: Why You Should Hire A Personal Trainer?

Annually, there's lot of hopeless New Year's Resolution that they will be losing their weight this year.

They will start on their own workout but as time goes by they are losing hope and motivation. You will make false promises that you will be losing 10 to 30 pounds for this year. But as false promises every last day of each year, you should do this not by your own you will need to hire a Personal Trainer.

Either you are looking forward to lose weight, gain muscle, flexibility or training for your chosen sport a certified personal trainer will help. All certified personal trainers had all the knowledge about the latest fitness information that can provide more assistance in working out in the gym even if you are not familiar of the gym equipment's. Certified personal trainers can do also the nutrition counseling and sport coaching.

If you don't to get exhausted inside the fitness gym, you can make a phone call and personal trainer will visit your house and he/she will make you fit armed will all the available programs he/she has. In the early centuries, only the athletes, celebrities and the wealthy people can hire personal trainers but now even a simple individual can hire them.

Upon hiring a personal trainer, you should know that the one you are hiring had knowledge on different gym equipment's from weights, treadmill or the stationary bike. A trainer must guide all the process and introduces all the equipment's that you will be using today up to the last day of your fitness goal. Then he/she will design a program that will fit your goals.

Upon enrolling in the gym, without the help a personal trainer, expectedly they will be experiencing an injury or massive muscle fracture because of the unfamiliarity of the gym equipment's. They are just pulling or lifting weights without any consultation from a personal trainer that knows very well about the classification of your body responsiveness of the gym equipment's.

A certified personal trainer will look after your safety to avoid injuries.

You have your own dietary program but you think that is no longer effective, so a proper exercise will help you continue your dietary program. Whether you need a complete overhauling in your diet or just a minor construction of your abs, a personal trainer is available to help you in your dietary program.

A personal trainer can design a specific program if you suffer before an injury or accident that causes muscular loss, joint readjustment, weaknesses and a previous surgery. He/she will help you regain strength as well as maintain your health fitness from your previous injuries.

If you are an athlete or just an adventurous warrior during your weekends, you should need a personal trainer to help you get a best body shape to get ahead of your sport or a hobby. Either you are doing the running, biking or swimming; a personal trainer will help you shape to prevent from muscle injuries and even excel up to the next level.

And lastly, before hiring a Personal Trainer is a good motivation program. When we work out on our own, we met an instance that we give up or lack of self-motivation but a personal trainer must have an extra convincing factor or motivational factor that you can meet your fitness goals in just minimum time.

Chapter 8: Understanding The Profession Of Personal Trainers

In general, personal trainers are professionals who are trained and certified to help other people exercise.

Anyone could not just get into a fitness program to achieve better physical strength and health. You should know by now that when you are doing exercise tasks, there are correct and proper forms to observe.

Failing to do exercises in the correct posture and body formation could be futile and could only expose a person into possible physical and muscular injuries. Personal trainers are there to help people make sure the exercise flow would come correctly and effectively.

There are five basic components of physical fitness regimes, namely, muscular endurance, muscular strength, flexibility, body composition, and cardiovascular endurance. Power and speed also play important roles. People who come to health clubs and gyms to do exercise routines and sign up for personal training programs are on average within an age range of about 18 to 50 years old. Currently, older people comprise a bigger pie of the total number of clients of personal trainers.

Most personal trainers are working at local fitness centers and health clubs, also known as personal training studios. Their primary tasks are to assist clients who are working out within the facility. In some cases, such personal trainers come to clients' homes and offices.

They could also serve as fitness class instructors. Many independent personal trainers are also taking clients independently, without any link or affiliation to any health club. These trainers are usually those who have already established a reliable and comfortable client base on their own.

Personal trainers are generally tasked to demonstrate and facilitate different physical exercises and at the same time help clients in improving their exercise regimes and techniques. These days, such professionals are more readily able to bring about motivation and moral support to clients through

their interpersonal contact. Such trainers are taking a more personal approach compared to the general setting in gyms.

Clients and personal trainers are also having closer professional interactions. Aside from providing basic guidance and motivation, trainers are also mandated to provide clients additional technical instructions. They could keep clients' exercise, health, and medical records so they could monitor safety, progress, and overall health.

Personal trainers also usually provide unsolicited tips on how clients could easily and effectively modify their lifestyles to suit fitness programs.

Most professional personal trainers are working in health clubs, physical fitness facilities, gyms, and fitness centers. They are also heavily involved in the popularizing corporate fitness services, wherein companies hire personal trainers to teach employees ways about how to conduct physical activities without going out of the firm's premises.

Many companies are not offering their staff such fitness packages so those employees could still opt to maintain healthier and more active lives despite being confined to indoor offices.

Personal trainers are certified professionals. Most of them have completed four-year college degrees in exercise science or kinesiology. Aside from that educational background, professional trainers are also required to own necessary certifications from credible physical fitness bodies. If you are getting services of such trainers in major health clubs, you would notice that almost all available professionals have both (college degree and certification).

This way, you could get assured of the high quality and helpfulness of every service you get from your own trainer. Invest in personal trainers and see yourself easily attain the pink of health.