



**I AM YOUR
TRAINER**

YOUR ARGUMENT IS INVALID....

**(BUT I APPRECIATE
YOUR ENTHUSIASM)**

BY GURU

STRENGTH TRAINING



BODY WEIGHT



TRX TRAINING



PERSONAL TRAINING

POWER YOGA



GROUP CLASSES



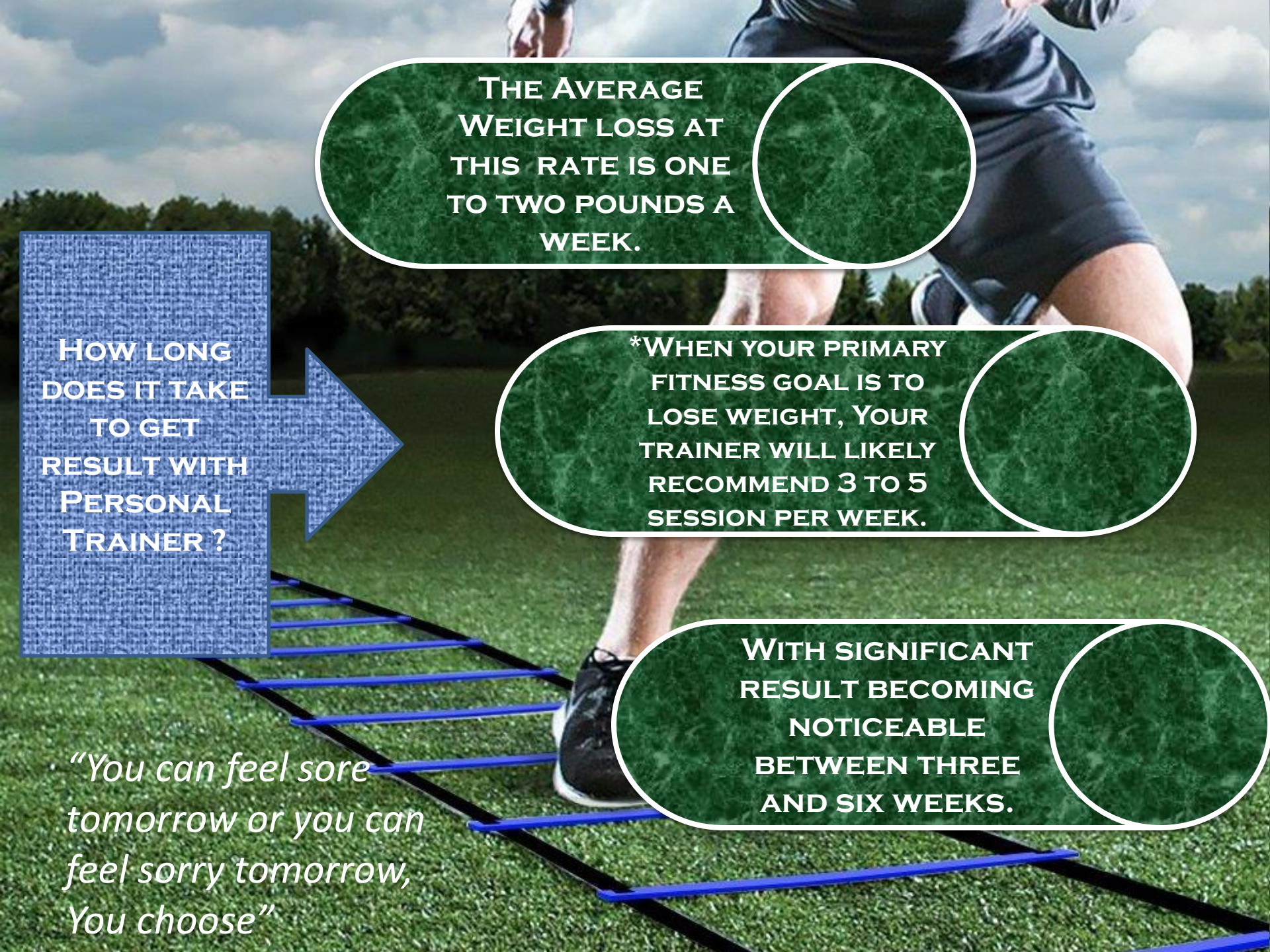
WHY PERSONAL TRAINER ?

“A PERSONAL TRAINER IS THE FITNESS PROFESSIONAL AND THE MOTIVATION YOU NEED”.

***YOUR PERSONAL TRAINER IS EXTREMELY IMPORTANT TO YOUR FITNESS SUCCESS,**

***REGARDLESS OF YOUR ABILITY TO REMAIN MOTIVATED BY INTERNAL OR EXTERNAL FACTORS A PERSONAL TRAINER CAN TAKE YOU WORKOUTS TO ANOTHER LEVEL**

“If you do all the small things right, big things happen”



**THE AVERAGE
WEIGHT LOSS AT
THIS RATE IS ONE
TO TWO POUNDS A
WEEK.**

**HOW LONG
DOES IT TAKE
TO GET
RESULT WITH
PERSONAL
TRAINER ?**

***WHEN YOUR PRIMARY
FITNESS GOAL IS TO
LOSE WEIGHT, YOUR
TRAINER WILL LIKELY
RECOMMEND 3 TO 5
SESSION PER WEEK.**

**WITH SIGNIFICANT
RESULT BECOMING
NOTICEABLE
BETWEEN THREE
AND SIX WEEKS.**

*“You can feel sore
tomorrow or you can
feel sorry tomorrow,
You choose”*

***FASTER AND BETTER
RESULTS**
***REDUCE CHANCE OF INJURY**

*“Your body can
do anything, its
just your brain
you have to
convince”*

**BENEFITS
OF HAVING
PERSONAL
TRAINER**

***PROPER
FAT LOSS
AND
MUSCLE
GAIN**

***THEY FIT
INTO YOUR
SCHEDULE**

***PERSONALIZED TRAINING PLANS**
***ESTABLISH A LIFETIME EXERCISE
HABIT**



ROLES AND RESPONSIBILITY OF PERSONAL TRAINER

DEMONSTRATING EXERCISE AND ROUTINES TO CLIENTS

ASSISTING CLIENTS IN EXERCISE TO MINIMIZE INJURY AND PROMOTE FITNESS

MODIFY EXERCISE ACCORDING TO CLIENTS FITNESS LEVELS

DELIVERS SAFE, EFFECTIVE FUN AND INTERESTING WORKOUTS

HELP THE CLIENT TO ACHIEVE THEIR FITNESS GOALS



**HOW LONG DOES IT TAKE TO
SEE A DIFFERENT IN WEIGHT
LOSS ?**

**THE TIME IT TAKES
FOR YOU TO SEE
WEIGHT LOSS
RESULTS AN VARY
FROM PERSON TO
PERSON.**

**MANY FACTORS
INCLUDING YOUR
STARTING SIZE AND
YOUR EATING PLAN,
CAN MAKE A BIG
DIFFERENCE.**

**HOWEVER MANY
PEOPLE CAN SEE
RESULTS IN ONE OR
TWO WEEKS IF THEY
STICK TO THEIR
PLAN.**

*“If you keep good food in
your fridge, you will eat
good food only”*

HOW TO START WITH PERSONAL TRAINER ?

BEFORE WE START AN EXERCISE PROGRAMME WE UNDERGO THE FOLLOWING THINGS

FITNESS COUNSELING


FITNESS TEST

EXERCISE / MEDICAL
HISTORY

BODY ANALYSIS

(EXAMPLE: FITNESS COUNSELING AGE, HEIGHT, WEIGHT, HABITS, MEDICAL CONDITION ETC)

“What did you do today to bring you one step closer to your goal”

A man in a blue long-sleeved shirt, black cap, and dark pants is performing a squat with a barbell in a gym. He is in a low squat position, holding the barbell with both hands above his head. The gym is well-lit with various exercise machines and weights visible in the background.

“Exercise – I never regret it when I do it, but I always regret it when I don’t.

*We cannot become what we want,
To be by remaining what we are*

THANK YOU