



## Online Personal Training FAQ

### **What is a Personal Fitness Trainer?**

A personal fitness trainer is a fitness professional who is involved in the prescription, instruction, and implementation of an exercise or fitness regimen.

### **What is Personal Training?**

Personal training is often one-on-one fitness coaching tailored to the individual being coached. Personal trainers demonstrate and instruct individuals on how to perform goal-oriented exercises safely, for the maximum health benefits. Personal trainers push and motivate the individual to not only meet their goals but reach beyond them.

### **What is Online Personal Training?**

Online training consists of LIVE sessions in which you and one of our trainers use Skype or FaceTime to video-conference your training session. The real-time video feed allows our trainers to actually see you perform the exercise so they can coach and cue you throughout the session just like any other in-person training session.

### **How is online training different?**

Since training is remote, you will not have an initial physical assessment, therefore it will be very important that you are honest and thorough on the paperwork you provide us as this information is what we will use to design your workouts. We also encourage having a physical exam with your PCP prior to starting any new exercise regimen.

### **Do I need to be fit to work with a personal trainer?**

No. Personal training is for ANY individual at ANY fitness level who has goals they'd like to meet. Getting fit by working with a personal trainer is the desired outcome.

### **Will my trainer yell at me?**

No. This is personal training not the marines. You can expect your trainer to cue you for movement, correct form, motivate and encourage you to do your best and give it everything you've got because that's the point. If you're working with us it's because you've decided to put in the effort to get fit, and we will push you to push yourself.

### **Do I need a doctor's permission to work with a personal trainer?**

It is your responsibility to meet with your physician for a physical exam prior to participating in any exercise program, as there are certain risk factors such as Diabetes or history of heart disease that would require a doctor's note prior to the start of exercise creation and implementation. If you do not meet any of the risk factors then a doctor's consent is not required. You can also choose to move forward without consulting a physician first, as long as its indicated on your paperwork.

### **Are there location requirements?**

Yes, in order to have an effective workout you will need to have a least 75 square-feet of space to work within.

### **Are there internet or technology requirements?**

Yes, the location where you will be exercising must have high-speed cable internet access. The sessions are live-streamed and in order for the feed to be effective and avoid slowness or a choppy connection (both video and audio) the speed must be at least 10 Mb (Megabit). Any time lost due to technology comes out of your session and will not be made up.

### **Are there equipment requirements?**

Yes. It is important that you have an exercise or yoga mat, and a water bottle minimally. We strongly encourage you to have at least one piece of portable exercise equipment such as a set of 8 - 10 lb

dumbbells, resistance bands or tubing, and/or a Swiss/stability ball. There are a number of exercises that can be done with body weight alone, which will be included in every session. For the best results at least one piece of equipment that can provide resistance is necessary. Remember, your sessions and your results are directly tied to what you have at your disposal to work with.

**What should I wear?**

Wear exercise appropriate clothing and sneakers. Exercise appropriate clothes allow you to move and bend freely and are not constrictive to movement or breathing.