

PERSONAL TRAINING

Introductory Training Session

1. **Adequate warm up.** 5 to 7 minutes on treadmill or elliptical. During this time you assess their comfort level and make sure they are at ease. Develop a connection with the client.
2. **Straight Set.** Use a simple movement such as dumbbell shoulder press. Select a weight that will be rather easy. Have the client complete 12 easy reps. *Explain.*
3. **Variable Change- Tempo/rep speed.** Have client perform same exercise in hyper speed. *Explain.* Then have the client perform it in broken tempo. (Fast concentric, slow eccentric). *Explain.*
4. **Format Change- from Straight set to Compound Set.** Include original exercise. (Example... shoulder press/bench dips.) *Explain.*
5. **Format Change- from compound set to circuit.** Have the client perform 4 simple exercises in sequence. Include the previous exercises from the compound set. *Explain.*
6. **Format Change- from circuit to compound exercise.** Have client perform a combination multi-joint movement (Example... squat press). *Explain* and summarize that the sequences performed are an example of how a *professional trainer* will use these *variables* to stimulate them to evolve continuously towards their particular goals.
7. Now spend a few minutes instructing the client on a couple exercises that target their individual problem areas.
8. **Summarize** the session and provide feedback.
9. Ease them back towards the sales area in order to conclude the introduction and show prices and programs.

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Measurement Sheet for:

Date: _____

Body Weight _____

Body fat% _____

Lean Weight _____

Fat Weight _____

Blood Pressure _____

Resting Heart Rate _____

Girth Measurements

Shoulders _____

Chest _____

Waist _____

Hips/Buttocks _____

Arms (Biceps) L/R _____

Thighs L/R _____