

HOW TO FIND THE RIGHT PERSONAL TRAINER IN 10 STEPS



By:

The Institute Of Personal Trainers

www.instituteofpersonaltrainers.com

How To Find The Right Personal Trainer For You

Finding the right personal trainer can be a bit of a process, especially if you haven't been referred to one. With so many local fitness centers offering personal training, how do you find the best personal trainer for you? Use this ebook as a guide to help you navigate your path to finding a personal trainer, and conquering your fitness goals.

Learn what you can expect from your first personal training session

Discover the essential questions your trainer needs to ask you before exercise

Learn what a personal trainer's priorities REALLY should be

Find out how to find the best personal trainer for YOU



Personal Trainer's Ethical Code Of Conduct

All Institute of Personal Trainer (IPT) members are bound by the IPT Code of Ethical Conduct. The IPT ensure members accept the responsibility and guidance of this document as it is intended to cover not only the individual trainer, but to represent the IPT as a whole organisation.

The IPT has a professional duty to maintain it's integrity and support it's Code Of Ethical Conduct, therefore if a complaint is received about a health professional, IPT reserves the right to either terminate the trainers membership should the complaint be upheld or suspend membership until the dispute has been resolved to a mutually satisfactory conclusion between the parties involved.

[Click Here To Read ThePersonal Trainer's
Ethical Code Of Conduct](#)





1. Do They Know Your Goals?

This might seem like a no-brainer, but your personal trainer should have a SOLID understanding of why you're hiring them. This is because the exercises selected for your exercise program will directly reflect what you're trying to accomplish. For example, if you're trying to tone your legs up, exercises like jumping jacks are a big waste of time. #2 and #3 are big factors also influencing exercise selection.

During a first meeting with a personal trainer, it's important that you let your trainer know everything that you want to work on. There is no such thing as silly goals, they're yours and that's all that really matters. People seek training for everything from weight loss and toning, to getting stronger. People want to look better in pictures, and others are trying to get ready for a vacation or wedding. The more specific you are the better, because it will influence several factors including how many times a week you should train, what exercises will be best, and even how long you need to work with a trainer.

Since goals can change or update as you progress, it's important to regularly reflect on whether or not your goals are the same and how close you are to hitting them.

2.

Do They Look For Your Starting Point?

No two bodies are the same, and this is just a simple reality trainers NEED to work around. Everyone will have a different starting point. Certain factors like injuries, pain, experience and your current level of physical fitness will give your trainer a good idea of where to start. A real conversation with a client who had worked with a trainer in the past illustrates this concept perfectly. This was about a week after starting with her personal trainer, and basics were still being covered. She wasn't a 20 something-year-old with a sports background, so a lot of this was new.

Client: Why aren't we doing burpees yet? (A burpee is a complex exercise that mixes together squats, jumping, pushups and requires a pretty good amount of mobility).

Trainer: How high can you jump?

Client: I don't know.

Trainer: How many pushups can you do?

Client: None yet, but I'm learning!

Trainer: Do you still feel like you're falling forward when you squat low?

Client: A little.

Trainer: Ok, that's why we're not doing burpees yet. Let's spend some time working on these basics and then when you're ready we can try burpees out.

Client: I never really liked burpees anyway.

Trainer: LOL let's forget about them entirely then.

As you can see by the conversation above, this person's previous trainer obviously didn't take any time to assess their client's starting point or they would have known this information. DO NOT be afraid to ask questions! This is YOUR money that's being spent.

3.

Do They Know Your Limitations?

Another simple-to-understand reality is that life happens. As we spend more time living our lives, things happen and we get injured. Injuries like frozen shoulder, disc herniations, tennis elbow, and many more can happen to anyone. Some require surgery, and some don't. Other complications such as autoimmune diseases and certain medications can also be limiting in certain ways.

How long ago was the injury?

How smooth was the recovery?

Do you have any pain?

Does this injury limit you in any way, or are you not sure?

Has your doctor approved you for exercise?

How long have you been taking this medication?

Do you get fatigued easily?

These are just some of the questions your personal trainer should be asking depending on what comes up during your health screen.

4

They Should Be Humble

There are plenty of questions that come up that a personal trainer may or may not have the answer to. Your personal trainer should politely explain that they're unsure of the answer, but they can look into it. Or maybe they're just the wrong professional to ask.

Many times clients ask their trainers medical questions that exceed their scope of practice. Some include:

What do you think of this herbal supplement for my cold?

I feel dizzy, do you think it's the new medication I'm on?

Do you think I should get the surgery?

Why does this hurt?

Often times personal trainers like to think they know things that doctors don't, or like to pretend they're physical therapists. When receiving questions like these, they should refer out. Scope of practice does vary depending on location, the questions listed above may only apply to certain regions of the world. Your personal trainer should understand his scope of practice, as well as the IPT Ethical Code Of Conduct.

Doctors and physical therapists have gone through rigorous education courses and are required to take continuing education courses relevant to their expertise. This keeps them up to date with recent research and clinical applications. Personal trainers have access to most of these courses, and probably don't understand the more in-depth science behind this stuff (which is why personal trainers shouldn't recommend over the counter medications, supplements or corrective exercise unless they have the training and scope of practice to do so). Personal trainer insurance also doesn't cover malpractice in these areas. As much as trainers are looking out for you, they need to look out for themselves.

If a personal trainer refuses to answer a question or simply doesn't have an answer for you, don't be offended. This is also more of a sign they're educated as opposed to uneducated. Would you rather your personal trainer make something up to satisfy your request for information, or refer you to a specialist in the area?

5.

Who Do They Work With?

A personal trainer will typically start in a commercial gym and work with a ton of different people with different goals, starting points and limitations. Athletes, weight loss, bodybuilders, special needs clients, seniors, etc. All of these populations will require a different type of personal training because they all have different goals. However, there are definitely shades of grey between them. For example, there are seniors who have more athletic ability than clients half their age.

The best thing to do is take a look through google for local personal trainers, check personal trainer directories (like the Institute Of Personal Trainers, and ask friends who have had similar goals how their experience was with their personal trainer.

People looking to lose weight typically need to be trained differently than a bodybuilder or athlete, but as mentioned above, there is some blurring in the middle.

Find someone you think will understand you and what you're looking to accomplish and try them out. Many personal trainers offer some kind of a free personal training session or consultation. How convenient!

6.

Do They Speak "FOOD"?

Food is a tricky subject for personal trainers, because our training is also very limited in this area. Trainers have experience with nutrition when it comes to fitness, but it stops there. Personal trainers can put their clients and themselves at risk by recommending certain foods when clients have certain medical conditions such as diabetes or food allergies such as a nuts or dairy. When you work with your personal trainer for the first time, it's important to mention any food allergies or medical conditions.

There is a difference between someone who coaches nutrition, and someone who puts together a meal plan and just gives it to you. Similar to exercise, when it comes to nutrition the best thing to do is find a starting point. From there, determine weaknesses, set up a game plan to overcome them and re-assess after time elapses.

Have you ever tried following a strict meal plan or other weight loss program? Did you fall off the bandwagon? This is an example of when a personal trainer's experience coaching nutrition can complement your fitness goals.

7

What Are Their Priorities?

You should be your personal trainer's priority. It's very obvious to spot a personal trainer who prioritizes their business goals over your own well-being. Almost immediately they're recommending supplements that:

They're selling.

Are unnecessary.

Have a cheaper alternative in the supplement store down the street.

Selling commission-incentivized equipment that you either don't need or is overpriced is another good sign a personal trainer is more concerned with making a few bucks off of a sale, than guiding you.

A personal trainer has every right to make a living. However, this is personal training... not Amazon.Com. Business goals are important (or your personal trainer wouldn't be able to make it in this industry), but they shouldn't conflict with your goals or well-being as an already paying client.

8.

Do They Give Cookie Cutter Programs?

As mentioned in some of the other points above, everyone is different from their goals to their starting point and limitations. Because of this, you should not have the same program with the same exercises, sets and reps, that your friend does who is working with the same personal trainer.

This is also a good example of a trainer prioritizing their business goals over your fitness goals. It doesn't take any time, nor coaching, to give every client the same list of exercises to do (bad personal trainer!). However, this doesn't mean some exercises are a great fit for multiple clients. Exercises progressions like squats, deadlifts, pushups and pullups fit a wide variety of body types and fitness goals, but aren't 100% necessary for everyone. Experience doesn't always mean a personal trainer understands this, either.

This is why it's important to ask your trainer questions, and try to learn why you're using certain exercises over others.



Do You Have Their FULL Attention?

There are a lot of bad habits personal trainers can develop, especially in the age of technology. If a personal trainer is constantly checking their phone, they probably don't care. Emergencies happen, sure, but if a trainer is on his always on his phone instead of teaching you, they're not worth the money. You shouldn't know what color your personal trainer's phone is.

Another example from a real client. She mentioned a personal trainer she worked with in the past was always looking at his muscles in the mirror instead of focusing on interacting with her. This is both hilarious and ridiculous! A personal trainer should focus on his own gym progress during his own time.

10.

You Shouldn't NEED Them

The worst thing a personal trainer can do is make you rely on them forever. The most common example of this is a personal trainer not educating their clients. In a fitness industry filled with conflicting information and misleading marketing tactics, it's easy to get lost. Your personal trainer should be your guide, and help teach you how to navigate your surroundings.

Your personal trainer should teach you how the equipment works, where the equipment goes, gym etiquette, etc. Personal training isn't something you're supposed to do forever. Your trainer should teach you what you need to know, and get you to a point where you're capable of exercising on your own.



Institute Of Personal Trainers

<http://www.instituteofpersonaltrainers.com/>
dan@instituteofpersonaltrainers.com
Personal Trainer Directory



Find me on facebook



Follow on Twitter