

Tips to Avoid the Most Common Personal Trainer Mistakes

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Avoid Mistake No. 1: Trying to Be Everyone's Fitness Trainer

- Earn a specialized certification
- Leverage time and expertise by training small groups of similar clients
- Establish your reputation as the expert

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Avoid Mistake No. 2: Skipping Fitness Assessments

- ALWAYS collect information
- Conduct proven and safe fitness assessments based on client demographics and goals
- Prove your program works by scheduling periodic reassessments

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Avoid Mistake No. 3: Making Up Workouts on the Fly

- Periodize workouts for each client
- Specialize and create programs that need only minor adjustments to meet each client's needs

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Avoid Mistake No. 4: Not Scheduling Client Goals Sessions

- Add one-on-one goals sessions to each client's training plan

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Avoid Mistake No. 5: Not Scheduling Client Goals Sessions

- Attend training seminars, webinars, expos
- Keep up with CEU requirements
- Take advanced training courses and earning additional certificates