

# Personal Trainer Tips: How to do Virtual In-Home Training



National Federation of  
**PROFESSIONAL TRAINERS**

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# What does it mean to be a Certified Personal Trainer?





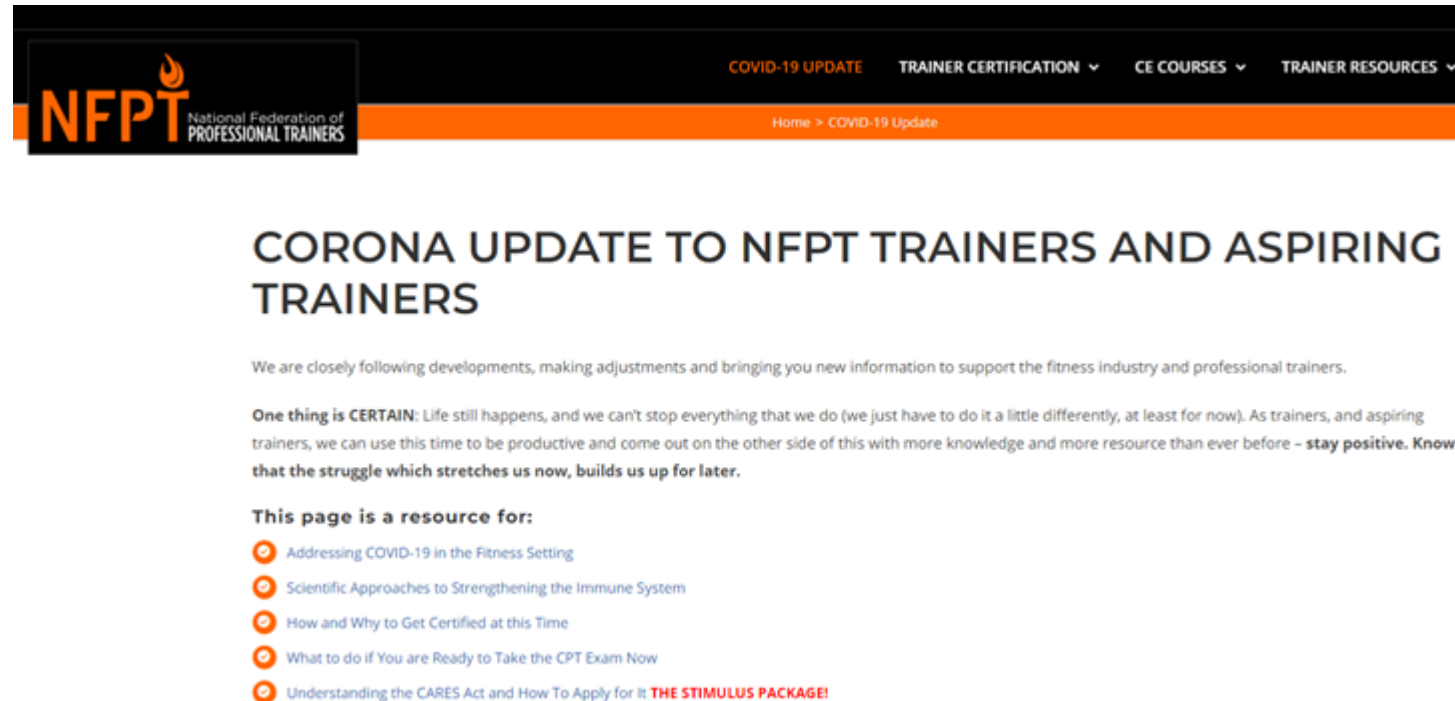


# COVID-19

- Every Health Club in the World Closes Their Doors
- Stay Home Orders Issued
- People are concerned with physical contact with the unknown
- Social Distancing Recommendations are passed by the CDC

# nfpt.com/corona-virus-update

- ▶ The evolving response
- ▶ Acceptance and Modification: ‘need: the mother of invention’



The screenshot shows the top navigation bar of the NFPT website. The logo on the left reads "NFPT National Federation of PROFESSIONAL TRAINERS". The navigation menu includes "COVID-19 UPDATE", "TRAINER CERTIFICATION", "CE COURSES", and "TRAINER RESOURCES". Below the navigation bar, the breadcrumb trail reads "Home > COVID-19 Update".

## CORONA UPDATE TO NFPT TRAINERS AND ASPIRING TRAINERS

We are closely following developments, making adjustments and bringing you new information to support the fitness industry and professional trainers.

**One thing is CERTAIN:** Life still happens, and we can't stop everything that we do (we just have to do it a little differently, at least for now). As trainers, and aspiring trainers, we can use this time to be productive and come out on the other side of this with more knowledge and more resource than ever before – **stay positive. Know that the struggle which stretches us now, builds us up for later.**

**This page is a resource for:**

- Addressing COVID-19 in the Fitness Setting
- Scientific Approaches to Strengthening the Immune System
- How and Why to Get Certified at this Time
- What to do if You are Ready to Take the CPT Exam Now
- Understanding the CARES Act and How To Apply for It **THE STIMULUS PACKAGE!**

# Mindset is Powerful

- ▶ ‘Stay Positive’
  - ▶ Not just boilerplate lip service. Positivity is purposeful with every new day.
  - ▶ Frustration and hopelessness is a temporary place to visit, don’t live there!
  - ▶ Life on life’s terms. How do we adjust ourselves for the unknown?
- ▶ Remember who you are and why you do what you do
  - ▶ No computer program can replace you. YOU give your clients:
    - ▶ Accountability
    - ▶ Feedback
    - ▶ Modifications
    - ▶ Encouragements and Support
  - ▶ Vulnerability = Relatability
    - ▶ It’s okay to work through this together, and with your client.
    - ▶ All of us struggle, and especially now. Your clients will understand and accept a learning curve.

# How do I train my clients?



# Technology





# Virtual Training: some basics

- ▶ Available platforms: Zoom, Skype, Facebook, Google GoTo, FaceTime, IG Live
  - ▶ Whatever platform you prefer: be live and available in real time
  - ▶ Be on a schedule (i.e. schedule clients for consistent time/week day)
  - ▶ Don't be afraid or frustrated with silence or the occasional tech glitch - it happens!
- ▶ Client Relations Tips
  - ▶ Charge minimal fee during stay-at-home orders (i.e. \$10/session)
    - ▶ Enough to get by, enough that the client can afford it
    - ▶ Invest in them now, they invest in you later
  - ▶ Email clients
    - ▶ Encouraging notes. **STAY POSITIVE!**
    - ▶ Instructions for home training (i.e. how much space they'll need, what they can use for equipment, how far to set up their laptop/phone so you can see them, lights on behind the camera, etc)
- ▶ **NOTE: people crave community! Fitness gives outlet for normalcy, physicalness and connection. Your clients may need you to motivate them out of a funk, to get them moving when it's easy not to, to encourage them to stay the course!**

# Programming Basics 101

- Teach Function first and foremost
  - Sit and Stand
  - Rotate
  - Carry
  - Accelerate and Decelerate
  - Stand
  - Increase Mobility
  - Enhance Stability and Balance

# Programming Basics 101 Cont.

## **Frequency:**

- Determines your workout selection
  - Full Body
  - Specific Body Part

## **Goal:**

- Determines your workout speed, load, reps, and desired HR

## **Available Equipment:**

- Client has
  - Which ones
- Client does not have
  - Improvise

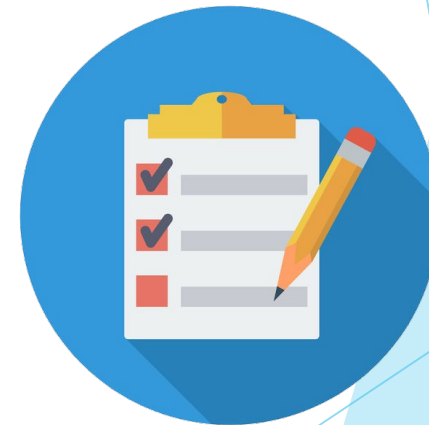
# Setting up your platform: “The Checklist”

1. Do you know what equipment the client has or does not have?
2. If they don't have equipment, do you know what household items you would want them to have?
3. What meeting interface will you use?
  - a. FaceTime, WhatsApp Video Call, Skype, Zoom?
4. Is your internet reliable?



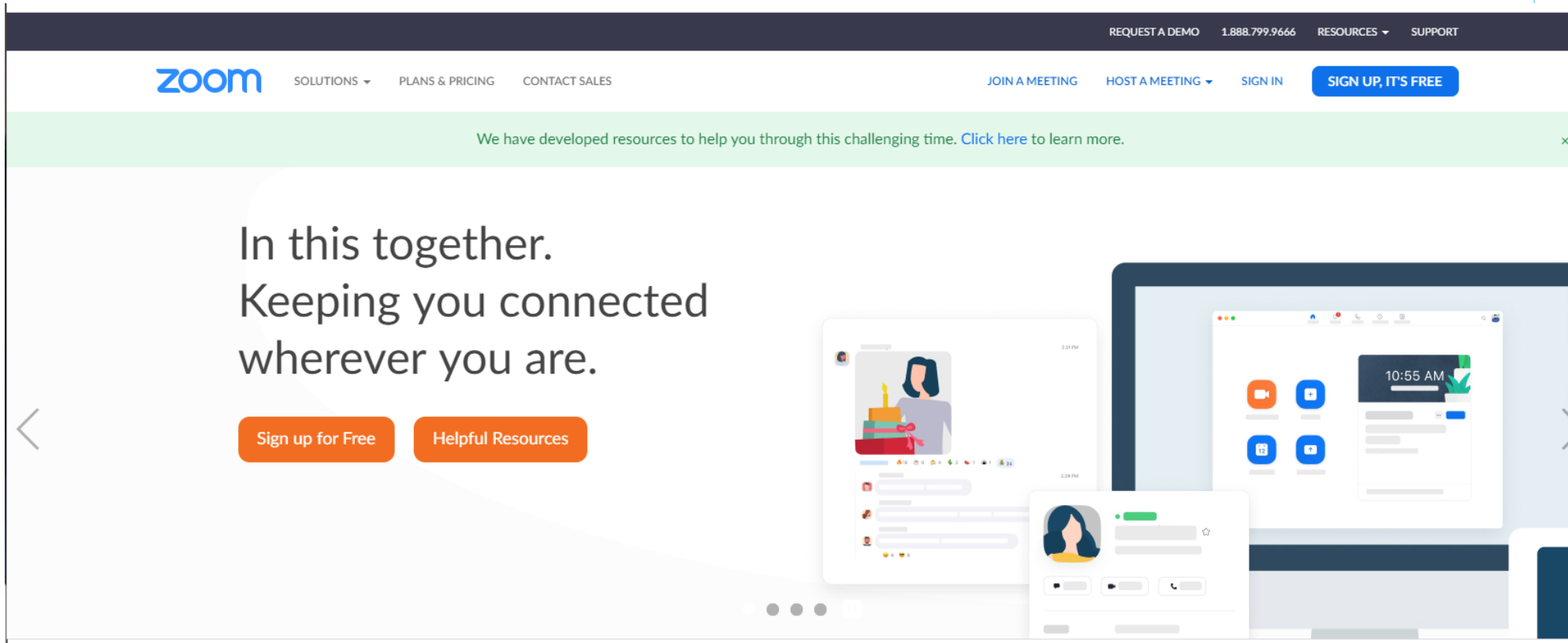
# Setting up your platform: “The Checklist” Continued

5. Is your presentation area organized and clean?
6. Is your lighting proper?
7. Do you have a stable place to situate your phone, tablet or laptop?
8. Have you done a test run to iron any kinks out?
9. Do you have a professional way to send clients their workouts?



# What I like to use

## ZOOM.US



### Note:

There are many platforms to live stream from. You don't have to use Zoom. Have family/friends try different platforms so you can test which you like the best

# How I like to send clients programs



**For NFPT trainers only :**

- 30 days Free Trial instead of 7 days
- 40% off on all pricing during COVID-19 to help you

Details on [hex.fit/webinaire-nfpt](https://hex.fit/webinaire-nfpt)

## **Note:**

- This is not a sales pitch!
- Use whatever software you prefer.
  - There are others (i.e. IDEA Workout Builder)
- We use HexFit because:
  - We like it, it's great for our needs
  - Our friends at HexFit accommodate and customize for us and our trainers
  - We think it may be great for your needs too.
  - We know the people at HexFit will support and assist you when/if you need it.

# Questions?

*Some of the most popular from the registration form:*

How much of the workout do you participate in while doing a virtual session with a client?

How much should I charge?

What about liability? Will my insurance cover in-home training? Should I get a special waiver?

How do I get new clients? Do you recommend a way to market during this time?

Should I keep doing virtually training when this is over? How much should I charge for it vs. in-person?

What are your thoughts about live streaming versus recording and sending videos?

Can I do this for yoga too? How about group classes?

Do NFPT-CPTs receive CECs for participating in this webinar?

## Other Questions??

Email us at [info@nfpt.com](mailto:info@nfpt.com)