

PERSONAL TRAINING CONTRACT

I. **THE PARTIES.** This Personal Training Contract ("Agreement") dated _____, 20____ ("Effective Date"), is between the following:

Client: _____ with a mailing address of _____ ("Client") and

Personal Trainer: _____ with a mailing address of _____ ("Personal Trainer").

Client and Personal Trainer are each referred to herein as a "Party" and, collectively, as the "Parties," agree to the following:

II. **SERVICES.** The Personal Trainer agrees to provide: (check one)

☐ - **General Training.** The Personal Trainer is obligated to provide training that enables and instructs the Client to personal betterment regarding their body. The Client can dictate the training methods that should be followed to accomplish their goals.

☐ - **Specific Training.** _____

Hereinafter known as the "Services."

III. **DURATION.** The Services provided by the Personal Trainer will last for a period of _____ minutes per training session ("Session").

IV. **FEE.** The Client agrees to pay the Personal Trainer a fee of \$_____ for the Services on a per Session basis ("Fee").

a.) **Payment Instructions.** _____

V. **SESSIONS PER PERIOD.** The Personal Trainer agrees to: (check one)

☐ - **Not Schedule Sessions.** The Client will request the Services of the Personal Trainer on a mutually agreed-upon time period.

☐ - **Schedule Sessions.** The Personal Trainer will schedule the Client to _____ Sessions per week in accordance with the times below:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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ACSM's Resources for the Exercise Physiologist Benjamin Gordon, American College of Sports Medicine (ACSM), 2021-07-12 An essential preparation book for the ACSM Certified Exercise Physiologist examination ACSM's Resources for the Exercise Physiologist 3rd Edition is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice This updated edition is fully aligned with the eleventh edition of ACSM's Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology Published by the American College of Sports Medicine this practical resource is organized around the scope of ACSM EP practice domains A clear introduction to understanding exercise physical activity and pre exercise screening opens the book followed by thorough coverage of assessment and programming for healthy populations assessment and programming for special populations counseling and behavioral strategies for encouraging exercises and legal management and professional issues relevant to practice

The Path to Personal Training Success Barrett Williams, ChatGPT, 2024-12-03 Unlock your potential and pave the way to a fulfilling career in personal training with The Path to Personal Training Success This comprehensive eBook is your ultimate guide to thriving in the ever evolving fitness industry with a special focus on senior fitness a rapidly expanding niche full of opportunities Begin your journey by gaining a deep understanding of the fitness landscape and the pivotal role personal trainers play in transforming lives Seize the chance to explore various niches and define your unique selling proposition ensuring you stand out in a crowded market Specialize in senior fitness one of the most rewarding and impactful sectors in personal training today Learn to design safe effective programs tailored to older adults taking into account age related health conditions and ensuring continuous learning and certification Empower seniors with the numerous benefits of fitness from enhanced mobility to improved overall well being Set the foundation for your success by choosing the right business structure crafting a detailed business plan and managing finances effectively Your brand is your identity discover how to communicate your style and voice to build an attractive website engage on social media and leave a lasting impression Create individualized training programs and group sessions and master the art of monitoring and adjusting these to meet your clients evolving needs Amplify your reach with targeted marketing strategies and leverage both online and offline channels to build a loyal client base Enhance your services with technology and tools from fitness apps to virtual training platforms Navigate legal and ethical waters confidently with robust client agreements and waivers Aspire for growth by scaling your business hiring staff and diversifying offerings Arm yourself with strategies to overcome challenges and burnout keeping your passion and motivation thriving Finally gaze into the future with insights into emerging fitness trends and the impact of technology Whether you're starting out or looking to expand this eBook is the key to building a lasting legacy in senior fitness Embrace the journey and redefine success in personal training

The Business of Personal Training Scott Roberts, 1996 Whether you are considering a career as a personal trainer or

searching for ways to increase revenue and gain new clients for your existing business you'll find *The Business of Personal Training* to be an indispensable reference. Written by some of the most successful personal trainers in the country, this book provides the foundation for building your personal training business. *The Business of Personal Training* discusses not only how to build a solid business but also how to be an effective trainer. After an outline of the history of the profession and the qualifications needed to be a personal trainer, the book explains how to develop a mission statement and business plan, create strategic and creative marketing plans, establish prices for services, hire and train staff members, improve client-trainer communication, motivate clients, and help them set goals and design appropriate exercise programs. Nineteen sample forms make it easy for you to put the ideas presented into practice. Learn from veteran personal trainers what it takes to succeed. The practical advice provided in *The Business of Personal Training* is valuable for new and established trainers as well as for health and fitness administrators who supervise personal trainers.

NPTI's Fundamentals of Fitness and Personal Training Henriques, Tim, 2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers, helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals.

On-the-job Training United States. Employment and Training Administration, 1978

How to Start a Personal Training Business AS, 2024-08-01 *How to Start a XXXX Business* About the Book: Unlock the essential steps to launching and managing a successful business with *How to Start a XXXX Business*. Part of the acclaimed *How to Start a Business* series, this volume provides tailored insights and expert advice specific to the XXX industry, helping you navigate the unique challenges and seize the opportunities within this field. What You'll Learn: Industry Insights: Understand the market, including key trends, consumer demands, and competitive dynamics. Learn how to conduct market research, analyze data, and identify emerging opportunities for growth that can set your business apart from the competition. Startup Essentials: Develop a comprehensive business plan that outlines your vision, mission, and strategic goals. Learn how to secure the necessary financing through loans, investors, or crowdfunding, and discover best practices for effectively setting up your operation, including choosing the right location, procuring equipment, and hiring a skilled team. Operational Strategies: Master the day-to-day management of your business by implementing efficient processes and systems. Learn techniques for inventory management, staff training, and customer service excellence. Discover effective marketing strategies to attract and retain customers, including digital marketing, social media engagement, and local advertising. Gain insights into financial management, including budgeting, cost control, and pricing strategies, to optimize profitability and ensure long-term sustainability. Legal and Compliance: Navigate regulatory requirements and ensure compliance with industry laws through the ideas presented.

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Denis Gagnon,1996 Legal Aspects of Personal Fitness Training Brian E. Koeberle,1990 **Strategies for Success**,2005 *The Counselor-in-training* Susan Gilmore,1973 **Contract Clauses** Jeffrey Sack,Ethan Poskanzer,1985

Running a One-person Business Claude Whitmyer,Salli Rasberry,Michael Phillips,1989 In this comprehensive book dealing with how to run a one person business the authors address typical concerns of the very small organization They discuss standard business topics such as bookkeeping marketing and finance with the needs of the sole proprietor in mind They also cover matters unique to one person businesses planning back up help preventing a sense of isolation as well as time management and office equipment ISBN 0 89815 237 2 pbk 12 00 Marriage Contracts Evita M. Roche,David C. Simmonds,1988 *Social Service Abstracts* ,1988 **PC World** ,1994 **Wisconsin Information Directory** Wisconsin. Bureau of State Planning. Management and Information Sciences Section,1969 *Training and Development Organizations Directory* ,1988 **Training and Development Organizations Directory** Paul Wasserman,Janice W. McLean,Gale Research Company,1983 *Guide to Literary Agents* Kathryn S. Brogan,Robert Lee Brewer,Joanna Masterson,2005 Over 600 listings **Merchant Plumber and Fitter** ,1922

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