



# 5 DIFFERENT PERSONAL TRAINER TYPES

**Education** - When examining your trainer's educational credentials, be sure that he or she is certified through a reputable fitness organization. This is especially important because the vast number of certifying bodies for personal training in the United States are largely self-regulated. The National Commission for Certifying Agencies (NCCA) is an accrediting body in the personal training industry. Make sure that your trainer has at least one accredited certification through an NCCA certification to ensure that certain standards were met within the certification itself.

**Experience** - Many novice trainers mistake overworking a clients for a solid workout. Experienced trainers understand how to properly pace clients for injury prevention, exercise recovery, and the improvement of the overall enjoyment of the experience.

Additionally, it's important to seek a trainer that has the expertise that meets your needs. If fat loss is your goal, seek a trainer that clearly understands food intake psychology in addition to their fitness credentials. If performance is your goal, seeking a trainer with an additional skillset like that from an athletic training certification or a performance enhancement certification will be beneficial. Whatever your goal, it is recommended that you choose a trainer with at least two years in the industry for an optimal overall experience.

# Trainer Personality Types

Personality types are just as essential to personal training success as a trainer's education and experience and should not be ignored. Here are common personal trainer personality types that you might encounter:

# 1

## The Enabler



This type of trainer makes everything okay for you. They do not try to push you too hard and they will listen to you for minutes between exercises. This is the trainer for you if fitness goals are not your priority but you need a good listener. This is more of a “friend” than it is someone totally absorbed in your success.

# 2

## The Drill Sergeant



As the name implies this is an individual who will motivate you through constant pressure to succeed and achieve more every time you are with them. This is a person in control of the session. Some of us need this as we are incredibly powerful, busy people and sometimes we just want to be told what to do. Results are the cornerstone of this individuals focus.



# 3

## The Analyzer or Technician



This trainer carries a clipboard, two different color pens and a highlighter. They will make sure that you are in the exact position that you should be before you are allowed to move. Be sure not to deviate as this person will stop you, reset you and do it all over again until it is perfect. The Analyzer studied engineering at some point in their life.

# 4

## The Coach



This is a very fun loving but intense type of trainer. This trainer understands that there are many parts to a successful fitness plan and they want to teach you how to do it all with or without them. You will be sure to get little pearls of wisdom daily and be encouraged to do your best. Your success will be measured and there will be an action plan for everything.

# 5

## The Cheerleader or Motivator



This trainer is fun and you will be sure to laugh during your session. This is a trainer who will be vocal, loud, exciting and in your face. They will get you to let loose. You will be so caught up in the moment that you will not believe that you just had a personal training workout. This person is bubbly and always smiling and you will be too.

## Where To Find Your Trainer

**In-person** - In-person trainers can be found in many types of fitness facilities. Commercial gyms tend to have newer or novice level trainers on staff. This is not a negative if your goals are general and you are physically healthy. Personal training studios and wellness centers tend to have trainers with more experience and greater expertise.

**Online** - Increasing in popularity, internet training can be performed via video and email with “live” sessions usually performed in your home with your own equipment. Generally, this is a suitable choice for an avid exerciser that is motivated and already accountable to themselves.

No matter your choice, the important thing is to find someone who fits your goals and wellness needs. Connecting with your trainer, clearly communicating and understanding your wellness goals and needs, and mutual trust will help you lay the groundwork of an empowering and successful fitness journey.



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