

# *Guidelines for Remote/Online Personal Training*

## *Philosophy vs Methodology*

- *Philosophy- What are your guiding principles?*
  - Doesn't often change
    - Examples:
      - Movement quality
      - Health outcomes measures
- *Methodology- Processes that bring your philosophy to life*
  - Vary per population
  - Systemic
  - Regressions and Progressions
  - Example: Glute Activation drill- Deconditioned to Experienced

# Target Populations

- Non Mover/New to you
  - Difficulty understanding basic drills/additional tutorials needed
  - Regressed programming
- Non Mover/Already Member
  - Understand basic drills/Less handholding
  - Regressed programming
- Already Active/New to you
  - Difficulty understanding basic drills (?)
  - Progressed programming
- Already Active/Already Member
  - Understand basic drills
  - Progressed programming

# *Available Resources*

## Considerations for the Participant

- Previous experience and knowledge base
- Available space
- Available equipment
- Contraindications

# *Available Resources*

## Considerations for Trainer/Coach

- Platform
  - Social Media
  - Existing Technology
    - Website
    - App
- Content
  - In House
  - Existing from Internet
  - Purchase
  - Modify?

### Apps – Popular Ones:

- Trainerize
- TrueCoach
- Volt Athletic
- Bridge Athletic

### Apps – Lesser Known:

- PT Distinction
- Myphub
- PTminder

# *Expectations*

- Everything from the gym will not transfer to home
  - Vast majority won't have any equipment
- Movement quality training transfers very well
  - Corrective Exercise
  - Mobility
  - SMFR
  - Make someone FEEL BETTER!
- Fill the gaps in their fitness
  - Focus on items you typically don't

# System Creation

- Standardized vs Prescriptive
- Keep it simple but do it well
- Organization
  - Topic
    - Low Back Pain
    - Mindfulness
    - Mobility or Flexibility
    - Strength
    - ESD/Cardio
  - Population
    - New to movement
    - Advanced
    - Medical

\*\*\*\*These concepts are general industry recommendations. Please consult legal counsel in regards to offering online or remote coaching to your populations.

\*\*\*\*These are not necessarily specific recommendations Power Wellness engages in with client sites.