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
- Mypthub
- 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.