

Personal Trainer



Position: Personal Trainer

Reporting to: Head Trainer

Summary

On a daily basis, you'll carry out various tasks, starting from assessing your clients' physical condition and creating unique workout routines for them. You'll explain the exercises in a clear and efficient way, while demonstrating how to use the training equipment safely, to avoid injuries. This will extend to reviewing existing client's goals and programmes to ensure they stay on target and relevant.

In any place of work as a personal fitness trainer, it's important to remember that in addition to helping clients get into shape, you'll also be responsible for their safety during your workouts together, and for fostering positivity.

Responsibilities

- Evaluate clients' fitness levels and health conditions
- Build individualized exercise programs
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment
- Lead both individual and group training sessions
- Research on new exercise techniques and trends
- Promote the company's fitness packages and plans
- Perform CPR and administer first aid in case of emergencies
- Inform clients about on gym safety and hygiene guidelines
- Build a positive and trusting relationship with customers
- Advise customers on how to change nutritional and lifestyle habits as needed

Requirements

- Previous experience as a personal trainer or relevant role
- Knowledge of various fitness programs, from basic exercises to more challenging training sessions
- Ability to guide and motivate clients
- Available to work flexible hours
- Excellent communication skills
- Certificates in CPR and first aid
- A relevant tertiary qualification is preferred