



My Fitness Entrepreneur: How to Become a Personal Trainer and Start a Personal Fitness Training Business

Ahmed "Gino" Erguigue

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In association with <http://myfitnessentrepreneur.com>

Working as a personal trainer for the past 15 years has given me an extremely blessed life and I'm thankful every day that this is my profession. I love the fact that I get paid to positively impact the lives of my clients every single day. I put together this book to help others achieve a career as rewarding as the one I've experienced. Hopefully this guide will help you find the same joy, satisfaction, and success that I have found in this dynamic profession.

This is my story and I hope you like it. It comes from my heart.

-Gino

About me:

I received my education and training from the Athletic University of Rabat, Morocco (the National Academy of Sports Medicine), as well as an extensive amount of practical knowledge gained as a professional track and field athlete. More important than my knowledge of fitness and athleticism is my passion for helping others achieve success in the most important (yet overlooked) aspect of their lives: health and wellness.

The holistic integration of medical knowledge and physical fitness is a combination that is far too often overlooked. My mission is based on the concept of simplifying and building a strong foundation of principles and tools to allow people to live a realistic balanced lifestyle. I am committed to developing customized programs, paralleled with ongoing motivation, that will allow clients to reach their ultimate fitness goals. Changing our bodies is very challenging (just like changing our lifestyle), but with a well defined plan of action to follow, it becomes much more manageable.

My philosophy is based on the concept that we are all on our own journey. Throughout that journey we are continuously learning lessons we need in order to become the most amazing versions of ourselves. With each challenge, we have one choice: to run away or to embrace it and grow as an individual.

Table of Contents:

Introduction

Section 1: Education and Certifications

--- Step 1. Meet current health and fitness professionals in your community.

--- Step 2. Get your education.

Section 2: Training Philosophy

--- Step 1. Set rules for working with your clients.

--- Step 2. Set rules for yourself.

Section 3: Preparing for Business

- Step 1. Create an availability schedule.
- Step 2. Decide what services you will be specializing in and what will be included in your plans.
- Step 3. Decide how you will get paid.
- Step 4. Create your client information database.

Section 4: Advertising Your Services

- Step 1. Create a website for your business (I'll show you how to do this in less than two hours total).

Section 5: The Power of Testimonials

- Step 1. Get testimonials and list them on your website.

Section 6: Closing Your Leads and Sample Pricing Plans

- Step 1. Prepare for the initial meeting.
- Step 2. Learn how to direct a typical conversation with a new potential client.

Section 7: Maintenance and Growth

- Step 1: Steadily build your client base.
- Step 2. Don't ever lose focus of your clients.

Health and Fitness Evaluation Form

Personal Trainer Contract

Session Completion Signature Sheet

Case Study: How to Open a Gym or Fitness Training Facility (the blunt truth).

- 1. Estimate your expenses and revenue.
- 2. Raise capital.
- 3. Be prepared to work.

Top 16 Mistakes Personal Trainers Make

About the Author – Ahmed “Gino” Erguigue

--- My story

--- About me

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