

# PERSONAL TRAINING CONTRACT

## PARTIES

- This Personal Training Contract (hereinafter referred to as the "Agreement") is entered into on \_\_\_\_\_ (the "Effective Date"), by and between \_\_\_\_\_, with an address of \_\_\_\_\_ (hereinafter referred to as the "Company"), and \_\_\_\_\_, with an address of \_\_\_\_\_ (hereinafter referred to as the "Client") (collectively referred to as the "Parties").

## SERVICES

- The Services to be provided by the Company to the Client are enlisted below:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
  9. \_\_\_\_\_
  10. \_\_\_\_\_
- The personal training provided by the Company will last for a period of \_\_\_\_\_ minutes per session.
- The Parties agree that the trainer will be assigned to the Client by the Company and is subject to change at any time. In case the Client requests a new Trainer, the Company will make every effort to provide one and accommodate if the circumstances allow.

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**Hussin A.Rothana**



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*ACSM's Resources for the Personal Trainer* American College of Sports Medicine, 2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs.

*The Path to Personal Training Success* Barrett Williams, ChatGPT, 2024-12-03 Unlock your potential and pave the way to a fulfilling career in personal training with *The Path to Personal Training Success*. This comprehensive eBook is your ultimate guide to thriving in the ever-evolving fitness industry with a special focus on senior fitness, a rapidly expanding niche full of opportunities. Begin your journey by gaining a deep understanding of the fitness landscape and the pivotal role personal trainers play in transforming lives. Seize the chance to explore various niches and define your unique selling proposition ensuring you stand out in a crowded market. Specialize in senior fitness, one of the most rewarding and impactful sectors in personal training today. Learn to design safe, effective programs tailored to older adults, taking into account age-related health conditions and ensuring continuous learning and certification. Empower seniors with the numerous benefits of fitness, from enhanced mobility to improved overall well-being. Set the foundation for your success by choosing the right business structure, crafting a detailed business plan, and managing finances effectively. Your brand is your identity; discover how to communicate your style and voice to build an attractive website, engage on social media, and leave a lasting impression. Create individualized training programs and group sessions, and master the art of monitoring and adjusting these to meet your clients' evolving needs. Amplify your reach with targeted marketing strategies and leverage both online and offline channels to build a loyal client base. Enhance your services with technology and tools, from fitness apps to virtual training platforms. Navigate legal and ethical waters confidently with robust client agreements and waivers. Aspire for growth by scaling your business, hiring staff, and diversifying offerings. Arm yourself with strategies to overcome challenges and burnout, keeping your passion and motivation thriving. Finally, gaze into the future with insights into emerging fitness trends and the impact of technology. Whether you're starting out or looking to expand, this eBook is the key to building a lasting legacy in senior fitness. Embrace the journey and redefine success in personal training.

*The Business of Personal Training* Scott Roberts, 1996 Whether you are considering a career as a personal trainer or searching for ways to increase revenue and gain new clients for your existing business, you'll find *The Business of Personal Training* to be an indispensable reference. Written by some of the most successful personal trainers in the country, this book provides the foundation for building your personal training business. *The Business of Personal Training* discusses not only how to build a solid business but also how to be an effective trainer. After an outline of the history of the profession and the qualifications needed to be a personal trainer, the book explains how to

develop a mission statement and business plan create strategic and creative marketing plans establish prices for services hire and train staff members improve client trainer communication motivate clients and help them set goals and design appropriate exercise programs Nineteen sample forms make it easy for you to put the ideas presented into practice Learn from veteran personal trainers what it takes to succeed The practical advice provided in *The Business of Personal Training* is valuable for new and established trainers as well as for health and fitness administrators who supervise personal trainers

**On-the-job training** United States. Employment and Training Administration,1978      **The Complete Book of Personal Training** Douglas Brooks,2004 This books is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it s full of information about working with clients and designing programs and it s a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover      **IDEA Personal Trainer Business Book** Denis Gagnon,1996      ACSM's Resources for the Exercise Physiologist Benjamin Gordon,American College of Sports Medicine (ACSM),2021-07-12 An essential preparation book for the ACSM Certified Exercise Physiologist examination ACSM s Resources for the Exercise Physiologist 3rd Edition is an essential volume for certification candidates and practicing Exercise Physiologists looking to boost their exam confidence and achieve success in practice This updated edition is fully aligned with the eleventh edition of ACSM s Guidelines for Exercise Testing and Prescription and reflects the most current standards and practices in exercise physiology Published by the American College of Sports Medicine this practical resource is organized around the scope of ACSM EP practice domains A clear introduction to understanding exercise physical activity and pre exercise screening opens the book followed by thorough coverage of assessment and programming for healthy populations assessment and programming for special populations counseling and behavioral strategies for encouraging exercises and legal management and professional issues relevant to practice      **Commerce Business Daily** ,1998-10      *Contract Clauses* Jeffrey Sack,Ethan Poskanzer,1985      *Publications of the National Electric Light Association.-* ,1929      **Convention** National Electric Light Association. Convention,1929      Proceedings National Electric Light Association,1929      *Running a One-person Business* Claude Whitmyer,Salli Rasberry,Michael Phillips,1989 In this comprehensive book dealing with how to run a one person business the authors address typical concerns of the very small organization They discuss standard business topics such as bookkeeping marketing and finance with the needs of the sole proprietor in mind They also cover matters unique to one person businesses planning back up help preventing a sense of isolation as well as time management

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*Social Service Abstracts* ,1988-04      *PC World* ,1994      *Counselling in Psychological Services* Dilys Davies,1997  
Describing the context in which counselling developed and is currently practiced within the psychological services in the UK this volume highlights how economic and political factors influence the structure and practice of counselling and how these factors affect practitioners and clients      **Training and Development Organizations Directory** ,1988      *Marriage Contracts* Evita M. Roche,David C. Simmonds,1988

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