

HOW TO PROGRAM THE PERFECT PERSONAL TRAINING SESSION

A GUIDE FOR TRAINERS

KNOW YOUR CLIENT



Know your client WELL. Understand their goals, their needs, their movement patterns, their prior injuries and everything and anything else that may be pertinent to you programming for them.

START HERE

BEGIN WITH A DYNAMIC WARMUP



A dynamic warm up should be the start of every session. Include moves like body weight squats, toe touches, arm circles, banded reverse flies, pass throughs, and other movements that get your clients heart rate up and gets them mobile before they begin.

NOW, TAKE IT UP A NOTCH

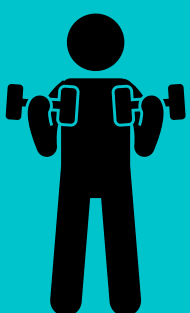
COMPOUND LIFTS FIRST AND FOREMOST



Always begin with the biggest, most complicated lifts. Compound movements should make up the bulk of your session and should always include a warm-up set if the weight is heavy for the client. Compound lifts like squats, dead lifts, bench press, rows, presses and others should be prominent during the time you're with your client.

ACCESSORIES ARE MEANT TO BE JUST THAT

ACCESSORY LIFTS AND CORE WORK NEXT



Always use accessory movements secondary to the compound lifts. These movements should come after the client has completed all of their compound lifts for the session and be consistent with the clients overall goal, the goal of the programming and the focus of the workout (i.e. pulling exercises). Place core work towards the end of the session so the heart rate can come down.

STATIC STRETCHING LAST



At the end of the session, either take your client through some stretches or perform assisted stretching.