



## Your guide to getting the most from your Personal Fitness Trainer

Choosing the right personal fitness trainer can be a difficult decision to make. Equally, once you have made that decision you need to ensure your personal fitness trainer will always deliver.

This guide will help you to decide if your PT (personal trainer) is up to it and has what it takes to help you achieve your health and fitness goals.

Fitness Challenge's guide (getting the most from your Personal Fitness Trainer) covers off all the basics of what you should expect from your Personal Fitness Trainer especially in those first few weeks.

### 1. Your consultation

Before you take on a health and fitness makeover, your personal trainer must offer you a consultation. This should be free of charge.

During the consultation, they should take you through a '[PARQ](#)' and '[Lifestyle](#)' questionnaire. These forms will help you and also them to understand more about your medical history, current lifestyle and what you are trying to achieve i.e. your health and fitness goals. These forms will act as basis for the fitness trainer to help make some health and fitness recommendations.



You should also expect your personal trainer to provide you with an [‘Informed Consent’](#) form. This form clearly explains that there are risks to exercise and you need to be fully aware of the risks before taking on an exercise programme.

## 2. Your blood pressure

Your personal trainer must check your blood pressure during the consultation and measure it on a regular basis. A customer’s cardiovascular system is a PT’s boss!

A PT needs to make sure your blood pressure is in line with current health guidelines and that there is no evidence of hypertension (raised blood pressure).

Should your blood pressure exceed 140/90 (mmHg), your PT should recommend you pay your doctor a visit, before you take on any exercise.

Classification of blood pressure level of the British Hypertension Society  
(based on clinical blood pressure, not values for ambulatory blood pressure measurements)

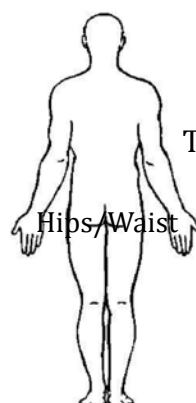
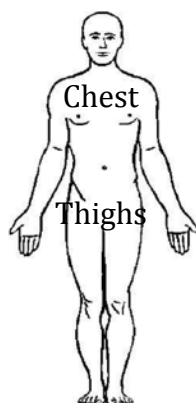
Blood pressure	Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)
Optimal	<120	<80
Normal	<130	<85
High normal	130-139	85-90
<b>Hypertension</b>		
Grade 1 (mild)	140-159	90-99
Grade 2 (moderate)	160-179	100-109
Grade 3 (severe)	≥180	≥110
<b>Isolated systolic hypertension</b>		
Grade 1	140-159	<90
Grade 2	≥160	<90

## 3. Your body measurements

If weight loss is a key goal for you, your PT should take some measurements of those parts of the body that you are looking to tone up. Typical, these areas will include your

- Arms (Bicep/Tricep)
- Chest
- Waist
- Hip/Waist
- Thigh

These should be assessed



measurements on a regular



Your programme card that your PT should give you is how you will become fitter and injury free too. It should include all of the following areas.

- ✓ Warm-up
- ✓ Cardiovascular fit (heart fit)
- ✓ Muscle fit
- ✓ Flexibility fit
- ✓ Cool down

Name		Date		Trainer		Dylan Lees-Jones		Week no: 1	
Warm-up (to include mobility and preparatory stretches if appropriate)									
Mode	Intensity	Duration	Frequency	Comments		Warm up could include following stretches • Triceps, Chest, Back, Adductors, Quads • Hams, Gastrocnemius and Soleus stretches			
Boxing	Level 1	5 minutes	1						
Main session - cardiovascular phase									
Mode	Intensity	Duration	Frequency	Comments and training approach		Walk, Jog, Run, Sprint routine. The plan will be to do three circuits of the racecourse including the resistance-training phase and threshold			
Various	60%-70% MHR	30 minutes	3 times a week						
Hill Runs	70%-80% MHR	5 minutes	Twice a week						
Main session - resistance phase									
Exercises	Sets	Reps	Alternative	Progression	Comments, training approach and recovery times				
1. Bicep curl	3	10	Tricep dip	Twice a week	Arm, 10' rest				
2. Plank	3	30"	Side plank	Twice a week	Core, 10' rest				
3. Squat thrusts	3	10	Lunges	Twice a week	Quad, 10' rest				
4. Inclined push-up	3	10	Modified push-up	Twice a week	Chest, 10' rest				
5. Sit up	3	10	Crunch	Twice a week	Core, 10' rest				
6. Seated row	3	10	Dumb bell row	Twice a week	Back, 10' rest				
7. Back extension	3	10	Sit-up (twist)	Twice a week	Core, 10' rest				
8. Lat raise (standing)	3	10	Knelling lat raise	Twice a week	Lats, 10' rest				

Name		Date		Trainer		Dylan Lees-Jones		Week no: 1	
9. Dead lift	3	10	Step-up	Twice a week	Hams, 10' rest				
10. Erector spinae	3	10	Side plank	Twice a week	Core, 10' rest				
11. Shoulder press	3	10	Shoulder pull down	Twice a week	Shoulders, 10' rest				
12. Hip raises	3	10	Dead lift	Twice a week	Hams/Glutes, 10' rest				
Cool down (to include relevant stretches)									
Mode	Intensity	Duration	Frequency	Comments		• Sitting Chest and Shoulder stretch - (Maintenance) • Lying hamstring stretch - (Maintenance & Developmental) • Lying quadriceps stretch - (Maintenance & Developmental) • Sitting abductor stretch - (Maintenance)			
Walk	Light	5 minutes	1						
General comments and contingency plan									
Please repeat this programme card if you can before we meet for the 2 <sup>nd</sup> lesson. Perhaps try and replicate the routine at the gym if you cannot get to the racecourse. The flexibility exercises I show you are very important. We want to prevent injury whilst improving range of movement.									
There will be times where we will repeat a programme card as it can take time to get in to the swing of things and things can seem hard going at times. The best way to get the hang of a programme is to repeat it a number of times.									
Feedback on the programme card is important to. I've put a programme card together that will challenge you and one you will hopefully enjoy. If there is anything you don't like doing please let me know and I will change the routine.									

It is important that your programme card includes all the above areas on how to become fitter. However, depending on your fitness goals, your PT may focus more on cardio fitness before progressing on to resistance training that helps to strengthen your muscles, at a later stage.

There are other considerations too that may arise from your PARQ and Lifestyle questionnaires. These may shape your fitness sessions and ensure it is carried out at the right intensity and only the most suitable exercises are carried out with some activities forbidden all together. As you make progress, your PT should make changes

to your programme card: new exercises, greater levels of intensity and other techniques that will come in handy. These should all be aligned with your health and fitness goals.

Coupled with the above advice tips, everything will come together and you should reap the rewards of having the complete health and fitness programme.

## 6. Your PT (Personal Trainer)

The relationship that you have with your personal fitness trainer cannot be overstated. It is vital the relationship is there. If you get on and have a chemistry then the lessons will be fun. You will enjoy your workouts and see progress within a few weeks.

However, you need to keep up with your training outside of the classes that you have with your PT. Working out with your PT once a week is not enough. The hard work is put in when you are on your own, where you should repeat your programme card.

A good PT will challenge you and assess you each week/month to see how much training you have done between sessions. They will know whether you have been working out between your sessions! After all they want you to succeed and want to ensure you receive value for money.

## 7. You

- Are you for real?
- Do you want to get fitter?
- Do you want to lose weight?
- Are you prepared to change your current lifestyle?

If you can answer the above questions with a resounding 'Yes', you stand ever change of succeeding. If not, then your fitness sessions will be a struggle and a waste of time and money. Harsh but true!

Believing in yourself is very difficult, especially if it does not come naturally. It takes time and requires a huge amount of mental strength to believe that you can turn your life around. Being positive is the key but trying to be positive is half the challenge.

We can all sit at home, whinge and complain, saying life is unfair or we can decide that there is a miracle cure. **You.**

Yes, you are the miracle cure. There is no other miracle cure but you.

You are in the situation that you are in because of you. Only you will get yourself out of it. You will take the power and glory when you succeed. You need to 'fight the fight'. Are you in?

It is the most amazing feeling to win and overcome your health and fitness challenges. Every time it 'hurts' think of this pain as all that weakness leaving your body. Every day you do something great, think of it as a milestone and make sure you build on it.

I no longer feel pain. I simply regard it as my body's reaction to becoming greater. If I don't feel pain, I'm clearly not working hard enough and will not achieve my goals.

Never give up. Keep going. Never stop believing.

Dylan Lees-Jones  
Fitness Challenge  
[www.fitness-challenge.co.uk](http://www.fitness-challenge.co.uk)