

A woman with long brown hair, wearing a black t-shirt and leggings, is posing in a gym. She is smiling and making peace signs with both hands. In the background, a man is lying on a mat, and another person is partially visible. The gym has a black floor and a door with a logo in the background.

# **IMAGE FITNESS TRAINING**

**GLOBAL**

***QUALIFY  
AS A PERSONAL  
TRAINER***

***ON YOUR TIME,  
YOUR DEVICE, ANYWHERE IN  
THE WORLD***



# V8

## *Exciting Career paths for New Personal Trainers*

Once you've qualified as a Personal Trainer, you're ready to hit the ground running and take the industry by storm. But do you know which part of the industry you want to take by storm? There are plenty of options available for newly qualified trainers in the industry, so we put together this free guide to help you out

### ***PERSONAL TRAINING***

***FIND OUT MORE***

Personal training, or one to one training, is just that. It's personal.

Working solely with your client on a one to one basis, you get to know them and understand what makes them tick, adjusting their training accordingly.

This form of training can be very rewarding, you get to watch someone grow in confidence, in health and in fitness, it's an amazing feeling.

It's also very lucrative for a new PT, allowing you to charge a higher price because of your personal touch.

It's not unusual to be on as much as €/£50/hour, once you specialise in a certain type of training, (for example weight loss for mums)

At **Image Fitness Training Global** we know EXACTLY what it takes to become a highly sought after 1 on 1 coach. We will teach you our exact system that has produced highly successful PT's time and time again.

We'll help you find your speciality so you can charge expertise prices and start growing your new business.



# ***CRUISE SHIPS***

I know this sounds crazy but believe it or not we have past students now working on cruiseships, travelling the world and training people from every corner of the earth.

We now know what it takes to get someone to the level of being accepted onto a cruise ship. Is this something you'd like to do? Working on a cruise ship is similar to working in a mainstream gym only whilst traveling the world at the same time. Not so shabby at all!

Your client base will again be varied, as you travel to different ports and locations. Experience gained here is key and it takes trainers to a whole new level.

Experience that is gained here cannot be bought and trainers that come off a tour are regularly in high demand.

Plus you get to see the world as you work. There are definitely worse areas of the industry to work in!!

# ***ONLINE TRAINING***

With online training we're talking big bucks. Online trainers are some of the biggest earners in the industry and we have the exact system in place to get you to that level.

Taking your training online allows you to reach a global audience. Time and distance are no longer obstacles for you, your costs are low and as such it is currently a booming industry.

That's the good news.

The not so good news is there's lots of work involved in making your business viable, but don't worry, that's what we're here for, because we know exactly what it takes.

Now to clarify, that is not a bad thing. Think about it this way, 99% of trainers out there wouldn't have a clue where to begin, but that's where you will be different. We'll show you exactly how to do it, which means you immediately become the top 1%.

Get this right and you will be a very wealthy trainer, working from the comfort of your own home and potentially earning hundreds of thousands each year





# MAINSTREAM GYM

This is the easiest career path to get into, but believe us when we say it can be an amazing decision.

We've learned this because we've seen how amazing our past students are doing in gyms. Here's why:

Working in a mainstream gym will give you access to hundreds of clients on a daily basis.

You'll get to work with clients with many different goals, Fitness levels and abilities. This knowledge will mean you're capable of training any type of person that walks through the door.

That kind of knowledge makes you a HUGE part of that gym, you become so valuable to them. This means you can start climbing the ranks, start teaching other personal trainers and eventually becoming a manager of that gym.

This is a story we've seen time and time again with our past students. If you want to know exactly how to do it and the exact steps to follow, we know best and we'll show you.

Also, we have relationships with 100's of gyms all across Ireland who regularly contact us asking for recommended PT's.

When you qualify with us we'll start Recommending you immediately and we'll work to get you your dream job.

Want to find out more

**GET IN TOUCH**



# SEMI-PRIVATE TRAINING

Semi-Private Training is effectively personal training but you're training between 2 - 4 clients, maximum.

This form of training is becoming more and more popular with new PT's. The reason is



1

It costs less for the client (e.g. €/ $\pounds$ 20/hour per person). This means more people sign up because it's cheaper for them.

2

But you're able to take up to 4 people in 1 hour, increasing your earnings to €/ $\pounds$ 80/hour.

This type of training is great fun for you and your clients. These small groups are usually friends or relatives, so you get to have great fun with them while helping them improve their health, mobility and overall confidence

# GROUP TRAINING

Group training can take many forms, however, generally speaking it involves a larger number of people training together at the same time (8+ people)

Group training can earn you as much as €/ $\pounds$ 200/hour, this is a huge amount of money. If you do 5 of those a day you've earned €/ $\pounds$ 1000 in one day.



**PRO TIP** A good way to create excitement, and get people signing up for your group style training, is to make it into a Bootcamp and give it a cool name and particular purpose e.g. Booty Building Bootcamp or Superman Strength Bootcamp.

We have countless successful past students (more than any other Fitness Course Provider in Ireland) doing just that. They now own and operate their own studios, with 100's of their own clients.

If this excites you, guess what?? We know EXACTLY how to achieve it and we can help you create and build your own successful Bootcamps that you can run constantly throughout the year.

# ***CORPORATE*** ***WELLNESS TRAINING***



Corporate training is becoming big business for new PT's.

If you're located in an area that is heavily populated by office blocks and businesses, it might be time to consider adopting a 'Corporate Wellness Programme' to help grow your business.

Many organisations will pay for their staff to be involved in corporate wellness programmes, it can help increase the well-being of their employees and help them work better.

This can be HUGELY beneficial for you as a PT. Even signing up one company with 20+ employees has the potential to be a high earning gig, with consistent bookings. Which allows you to plan your corporate wellness programmes easier. Thousands of companies, and thousands of opportunities we can help you capitalise on.

There are thousands of businesses out there, you just need one to change your life.

We recommend that all our students tell any company they approach that they were qualified by Image Fitness Training. Our name is well known and respected in the industry and it will set you apart from personal trainers who were qualified by other companies.

Want to find out more

***GET IN TOUCH***

# TEAM TRAINING

Working with sports teams is another great option, and a passion for many of our students who come from a sporting background, so know the industry.

Strength and fitness training plays a huge role in many sports, and as such many athletes are recognising the importance of seeking specialist training as part of their own unique training regime. You as an expert can work alongside them.

A good way to get your foot in the door is to express an interest and offer discounts or special training sessions during their Off Season (typically October – February) to familiarise yourself with the team.

These sports teams have huge budgets set aside to pay for the abilities and knowledge that you will have once you qualify as a trainer.



At **Image Fitness | Training Global** we will show you what it's like to train a team, we will equip you with all the tools and knowledge you need to make this type of training easy for you, so you have full confidence to go and find any sports team to train.

We are confident that we're the only fitness course provider in Ireland, and the UK, that has the resources and knowledge to get you to this level and we work hard with our students after they qualify, to ensure they achieve their goals and live the life they want to live.

**We hope this guide has inspired you to  
choose the career path that's right for you as  
a Personal Trainer**

We have Clients working in each and every one of these different areas, with HUGE success.

Whatever career path you choose we'll use all our industry connections and knowledge to build your business into a huge success.

Our Course is now open for enrolment but our spots fill really fast each year.

If becoming a Personal Trainer is something you've thought about then get in touch today because tomorrow our spots could be full.

You can Request a call back or send us a message below and we'll answer any questions you might have. Hope to hear from you soon.



**GET IN TOUCH**

