



# PERSONAL TRAINING COURSES BROCHURE



## Your New Career Starts Here

**Everything you need, from enrolment to earning – with support built in every step of the way.**

You're here because you're thinking about becoming a personal trainer – and that means you're already one step closer to turning your passion for fitness into a rewarding career.

Becoming a qualified personal trainer gives you the power to take control of your life, your schedule and your income. Kickstart your career with one of our internationally recognised personal trainer courses. Full time, part time, online, in-person or Live-Virtual™ – we've got the right option for you and your lifestyle.

Whether you want to work in a gym, coach clients online, or launch your own PT business, this brochure shows you exactly how we help you get there – quickly, confidently, and with structure from day one.

You'll also have received your PT Career Guide – a bonus resource that maps out your career options and gives you a fast-start plan for success. Be sure to check it out alongside this brochure.



## Why So Many Choose TRAINFITNESS

**A trusted name in personal training – chosen by over 40,000 learners worldwide.**

When you choose **TRAINFITNESS**, you're not just getting a personal training course. You're getting a qualification that's respected by gyms, health clubs and fitness professionals across the UK – and a learning experience that's built around how people study best.

Here's what sets us apart:

✓ **Career-Ready Curriculum™**

We've designed our courses to help you learn faster, retain more, and gain the skills you'll actually use as a personal trainer.

✓ **PTPathway™ Plan**

A structured study roadmap that helps you move through the course with clarity and confidence – from enrolment to qualification.

✓ **Qualification Guarantee™**

You'll qualify – or we'll keep supporting you until you do.\*

Stay engaged, follow your PTPathway™, and we'll help you get there.

✓ **Flexible Study Options**

Online, in person, or Live-Virtual™ – study the way that fits your lifestyle.

✓ **Career-Focused Outcome**

We don't just help you pass – we help you start working with clients, earning an income, and building your future.

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## Career-Ready Curriculum™

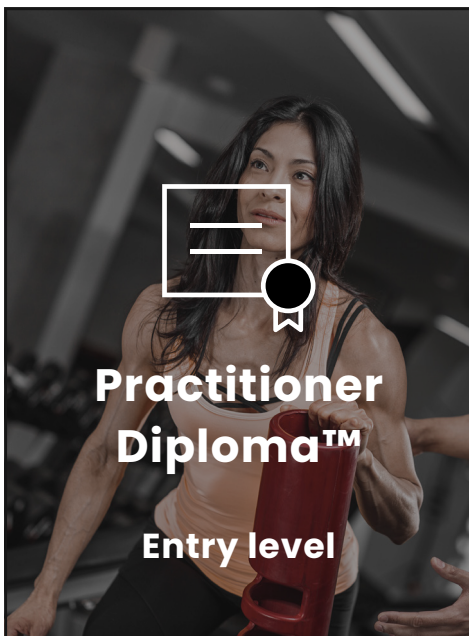
### Everything you need to start strong – and keep growing.

Becoming a great personal trainer takes more than just passing a test. That's why our Career-Ready Curriculum™ combines the right content, structure, and flexibility to help you build real skills – and a career that lasts.

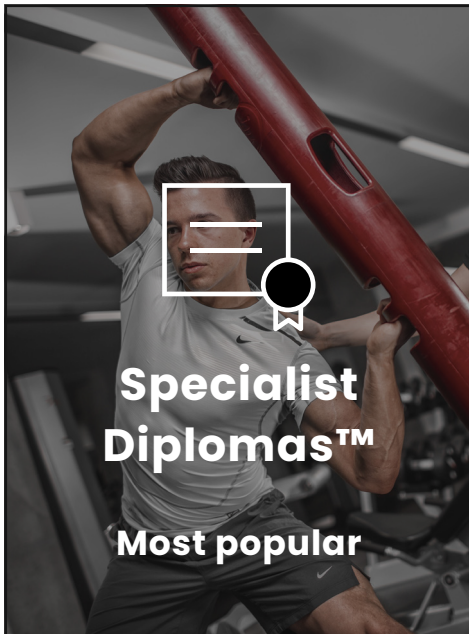
From accredited qualifications and specialist pathways to flexible study options designed to fit your lifestyle, this section outlines what you'll learn, how you'll learn it, and how it all leads to real-world results.

We embrace what makes each learner unique and work with you to grow your confidence, skills, and career through a tailored pathway that fits your goals, your lifestyle, and your ambition. Turn your passion into your profession and build the future that's right for you.

Choose the personal training course below that offers the level of expertise, income potential and credibility that you want to gain from your education.



Learn the fundamentals and become a personal trainer. The Practitioner Diploma™ includes the Level 2 Gym Instructor and Level 3 Personal Trainer qualifications, as well as valuable additional professional development courses.



## Specialist Diplomas™

Most popular

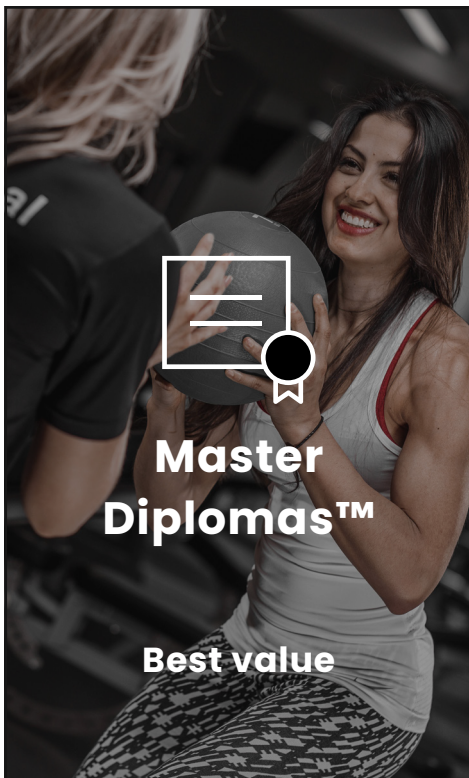
Gain more credibility, more confidence and more clients by specialising in your chosen field. The Specialist Diplomas™ include the Practitioner Diploma™, plus additional Level 3 and or 4 qualifications specific to your career goals.

Become a:

Nutrition & Exercise Specialist™

Women's Health & Exercise Specialist™ or

Strength & Conditioning Exercise Specialist™



## Master Diplomas™

Best value

Earn the most respected credential and build a strong, sustainable personal training business with more clients who achieve better results and stay with you longer.

The Master Diplomas™ combine the relevant Specialist Diploma™ with additional Level 3 and 4 qualifications, ensuring thorough mastery of your chosen career specialism.

Become a:

Nutrition and Exercise Master™

Women's Health and Exercise Master™ or

Strength & Conditioning Exercise Master™

Here's a closer look at what each diploma includes – and where it can take you.



## Practitioner Diploma™

Learn the fundamentals of personal training with our Practitioner Diploma™. The course includes the Level 2 Gym Instructor and Level 3 Personal Trainer qualifications, as well as valuable additional professional development courses.

Available to study full time, part time, online, in-person or virtually, we've got the right option for you and your lifestyle.

When you graduate with our Level 3 Practitioner Diploma™, you'll be recognised internationally as a qualified personal trainer, enabling you to take advantage of exciting employment opportunities in a variety of settings including health clubs, your own personal training business, personal training franchises, and community fitness groups.

### What You'll Learn

Our Practitioner Diploma™ is designed to **boost your skills and advance your knowledge.**

The Level 3 Practitioner Diploma™ includes:

- Level 2 Gym Instructor\*
- Level 3 Personal Trainer
- T3 (HIIT) Coaching
- Circuit Training

The Gym Instructor and Personal Trainer units feature cutting-edge content produced by some of the industry's leading educators and include video lectures, interactive animations, multiple choice worksheets and motion infographics. These units cover a comprehensive range of subjects, including:

- Anatomy and physiology
- Diseases and health conditions
- Analysis of client information
- Functional programme design
- Movement screening
- Effective coaching models
- Physical measurements
- Health risk stratification
- Postural assessment
- Metabolic breakpoint testing
- Communication and interpersonal skills
- Health and safety
- Planning and instructing gym-based exercise
- Health optimisation
- Nutrition
- Training movements vs. training muscles
- Circuit training
- 10-step consultation process
- Corrective exercise
- Business skills and employment preparation

The T3 HIIT Coach unit enhances your understanding of High-Intensity Interval Training (HIIT) fundamentals, methodologies, and the scientific rationale underpinning them. Learn the skills and knowledge to deliver HIIT sessions that maximise calorie burn, boost metabolism and optimise cardiovascular endurance, providing your clients with efficient, effective and exhilarating workouts.

The Circuit training unit is a crucial asset for personal trainers and delves into designing, conducting and refining circuit training routines. It equips you with extensive insights on creating varied workouts suitable for people at any fitness level, while incorporating a wide range of exercises with or without equipment.

\*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose the Practitioner Diploma™ (without Gym Instructor) option.





## Nutrition & Exercise Diplomas™

Expand your personal training expertise and add nutrition to your skillset with a Nutrition & Exercise Diploma™.

### Your Career in Nutrition

With 63% of adults in England classified as overweight or obese, specialising in nutrition offers significant advantages, particularly in enhancing employability and earning potential. Turn your interest in peak health into a rewarding career as a Nutrition & Exercise Specialist™ or Master.

Our Nutrition & Exercise Diplomas™ not only deepen your theoretical knowledge but also equip you with extensive practical skills for real-world application. You'll **graduate as a qualified PT and nutrition expert** equipped to enhance your client's health and performance, whether they've been training for years or just starting out.

Personal trainers specialising in nutrition not only enjoy greater credibility and expertise but also significantly enhanced marketability. By offering specialised nutrition programmes, you can attract a wider clientele, thereby opening doors to higher earning opportunities and more prestigious positions within the fitness and sports industries.

## **Diploma Options**

We offer two exceptional Nutrition & Exercise Diplomas™ to choose from.

### **Nutrition & Exercise Specialist Diploma™**

This Specialist Diploma™ includes:

- Level 3 Practitioner Diploma™ (Level 2 Gym Instructor and Level 3 Personal Trainer)\*
- T3 HIIT Coach
- Level 2 Circuit Training
- Level 3 Outdoor Fitness
- Level 4 Nutrition Coach

This Specialist Diploma™ begins with the internationally recognised Level 3 Gym Instructor & Personal Trainer Practitioner Diploma™, which serves as the foundation for all subsequent units in this course.

The T3 HIIT Coach unit enhances your understanding of High-Intensity Interval Training (HIIT) fundamentals, methodologies, and the scientific rationale underpinning them. Learn the skills and knowledge to deliver HIIT sessions that maximise calorie burn, boost metabolism and optimise cardiovascular endurance, providing your clients with efficient, effective and exhilarating workouts.

The Level 2 Circuit Training unit is a crucial asset for personal trainers. This course delves into designing, conducting and refining circuit training routines. It equips you with extensive insights on creating varied workouts suitable for people at any fitness level, while incorporating a wide range of exercises with or without equipment.

The Level 3 Outdoor Fitness unit is an all-important addition that allows you to expand your services beyond conventional gym environments. This course is designed to provide you with the essential skills and knowledge needed to design and lead effective, safe training sessions for both individuals and groups in outdoor spaces.

The Level 4 Nutrition Coach unit is designed to arm you with the expertise and abilities needed to guide clients towards achieving their nutritional and dietary objectives effectively. Amongst many other things, this highly specialised course covers human metabolism, micro and macro nutrients, hydration, understanding supplements, as well as food allergies and intolerances.

\*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose Specialist Diploma™ (without Gym Instructor) option (which does not include the Level 2 Gym Instructor qualification).

### **Nutrition & Exercise Master Diploma™**

This Master Diploma™ includes:

- Level 3 Nutrition & Exercise Specialist Diploma™
- Level 4 Obesity & Diabetes Management
- Level 4 Advanced Personal Trainer

Elevate your expertise with the Nutrition & Exercise Master Diploma™. This advanced course package builds on the foundation of the Nutrition & Exercise Specialist Diploma™ by incorporating the comprehensive Level 4 unit Obesity & Diabetes Management, equipping you with specialised skills to assist individuals with obesity and diabetes.

Additionally, the Master Diploma™ includes the Level 4 Advanced Personal Trainer unit, which enhances your skills in exercise programming, client assessment, and advanced training techniques.

By completing the Master Diploma™, you'll position yourself as a highly skilled professional, capable of delivering exceptional results and providing specialised training services to a broader client base.

\*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose the Master Diploma™ (without Gym Instructor) option (which does not include the Level 2 Gym Instructor qualification).



## Strength & Conditioning Exercise Diplomas™

Broaden your personal training practice and add strength and conditioning to your skillset with a Strength & Conditioning Exercise Diploma™.

### Your Career in Strength & Conditioning

Specialising in strength and conditioning ("S&C") offers significant advantages, particularly in enhancing employability and earning potential. With the rising demand for personal trainers qualified in S&C, you can turn your enthusiasm for peak performance into a rewarding career as a Strength & Conditioning Exercise Specialist™ or Master.

Created by two of the UK's foremost S&C coaches, our Strength & Conditioning Exercise Diplomas™ not only deepen your theoretical knowledge but also equip you with extensive practical skills for real-world application. You'll **graduate as a qualified personal trainer and S&C expert** equipped to enhance your client's physical performance, whether they're an athlete or someone focused on performance - their own or their clients'.

Employing scientific methods, an S&C coach adeptly assesses clients' needs by conducting a thorough analysis of the demands of activities alongside their current physical capabilities. This enables the development of tailored training plans and programming, ensuring clients reach their peak performance when training and, where relevant, for tournaments and competitions. Moreover, strategic monitoring of training loads and optimising recovery processes are integral to this role, further underscoring the coach's value to a client's success.

Personal trainers specialising in S&C not only enjoy greater credibility and expertise but also significantly enhanced marketability. By offering specialised, scientifically-backed training programmes, you can attract a wider clientele, thereby opening doors to higher earning opportunities and more prestigious positions within the fitness and sports industries.

## **Diploma Options**

We offer two exceptional Strength & Conditioning Exercise Diplomas™ to choose from.

### **Strength & Conditioning Exercise Specialist Diploma™**

This Specialist Diploma™ includes:

- Level 3 Practitioner Diploma™ (Level 2 Gym Instructor and Level 3 Personal Trainer)\*
- T3 HIIT Coach
- Level 2 Circuit Training
- Level 3 Outdoor Fitness
- Level 4 Strength & Conditioning

This Specialist Diploma™ begins with the internationally recognised Level 3 Gym Instructor & Personal Trainer Practitioner Diploma™\*, which serves as the foundation for all subsequent units in this course.

The T3 HIIT Coach unit enhances your understating of High-Intensity Interval Training (HIIT) fundamentals, methodologies, and the scientific rationale underpinning them. Learn the skills and knowledge to deliver HIIT sessions that maximise calorie burn, boost metabolism and optimise cardiovascular endurance, providing your clients with efficient, effective and exhilarating workouts.

The Level 2 Circuit Training unit is a crucial asset for personal trainers and delves into designing, conducting and refining circuit training routines. It equips you with extensive insights on creating varied workouts suitable for people at any fitness level, while incorporating a wide range of exercises with or without equipment.

The Level 3 Outdoor Fitness unit is an all-important addition that allows you to expand your services beyond conventional gym environments.

This unit is designed to provide you with the essential skills and knowledge needed to design and lead effective, safe training sessions for both individuals and groups in outdoor spaces.

The Level 4 Strength & Conditioning unit focuses on strength and conditioning, where you'll learn how to programme and deliver advanced strength, speed and agility training. Amongst many other things, this highly specialised course will give you the skills to teach your clients more advanced lifts such as the clean, snatch and other power lifts.

\*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose the Specialist Diploma™ (without Gym Instructor) option (which does not include the Level 2 Gym Instructor qualification).

### **Strength & Conditioning Exercise Master Diploma™**

This Master Diploma™ includes:

- Level 3 Strength & Conditioning Exercise Specialist Diploma™
- Level 4 Low Back Pain Management
- Level 4 Advanced Personal Trainer

This advanced course package builds on the foundation of the Strength & Conditioning Exercise Specialist Diploma™ by incorporating the comprehensive Level 4 Low Back Pain Management unit, offering a deep understanding of one of the most common health issues.

Additionally, the Master Diploma™ includes the Level 4 Advanced Personal Trainer unit, which enhances your skills in exercise programming, client assessment, and advanced training techniques.

By completing the Master Diploma™, you position yourself as a highly skilled professional, capable of delivering exceptional results and providing specialised training services to a broad and diverse client base.



## Women's Health & Exercise Diplomas™

Acquire the skills to make a positive difference in women's lives through exercise and nutrition with a Women's Health & Exercise Diploma™.

According to the 2021 Census, women and girls made up 34.1 million (51%) of the UK population. There were over 800 000 conceptions that year and an estimated 13 million women are currently peri or menopausal in the UK (NHS England). The increasing demand for personal trainers qualified to work with women going through these phases means there's **a rewarding career for you as a Women's Health & Exercise Specialist™ or Master.**

With studies indicating women are 10% less likely to engage in regular physical activity, the need for specialised fitness support is clear. When you graduate from your Women's Health & Exercise Diploma™, you'll emerge as a pivotal contributor to women's health, using your expertise to foster vitality among women, significantly impacting their quality of life and long-term health outcomes.

Our Women's Health & Exercise Diplomas™ provide the knowledge and skills to transform women's lives through tailored exercise and nutrition strategies. When you graduate, you'll be recognised internationally as a qualified personal trainer who specialises in training menopausal clients and or ante and postnatal clients. Specialising in women's health and exercise offers significant advantages, particularly in enhancing your employability and earning potential.

## Diploma Options

We offer two exceptional Women's Health & Exercise Diplomas™ to choose from.

### Women's Health & Exercise Specialist Diploma™

This Specialist Diploma™ includes:

- Level 3 Practitioner Diploma™ (Level 2 Gym Instructor and Level 3 Personal Trainer)\*
- T3 HIIT Coach
- Level 2 Circuit Training
- Level 3 Outdoor Fitness
- Level 3 Exercise for Ante & Post Natal Clients

This Specialist Diploma™ begins with the internationally recognised Level 3 Gym Instructor & Personal Trainer Practitioner Diploma™\*, which serves as the foundation for all subsequent units in this course.

The T3 HIIT Coach unit enhances your understating of High-Intensity Interval Training (HIIT) fundamentals, methodologies, and the scientific rationale underpinning them. Learn the skills and knowledge to deliver HIIT sessions that maximise calorie burn, boost metabolism and optimise cardiovascular endurance, providing your clients with efficient, effective and exhilarating workouts.

The Level 2 Circuit Training unit is a crucial asset for personal trainers and delves into designing, conducting and refining circuit training routines. It equips you with extensive insights on creating varied workouts suitable for people at any fitness level, while incorporating a wide range of exercises with or without equipment.

The Level 3 Outdoor Fitness unit is an all-important addition that allows you to expand your services beyond conventional gym environments. This unit is designed to provide you with the essential skills and knowledge needed to design and lead effective, safe training sessions for both individuals and groups in outdoor spaces.



Understanding the specific needs and challenges of antenatal and postnatal clients is crucial, not only for ensuring the safety and effectiveness of exercise routines but also for promoting optimal health during these significant phases of life. The Level 3 Exercise for Ante & Post Natal Clients unit equips you with the skills to support women before, during, and after pregnancy and includes contraindications to exercise for ante and postnatal clients, how to manage risks in ante and postnatal exercise sessions, and nutritional requirements for the ante and postnatal period.

\*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose the Specialist Diploma™ (without Gym Instructor) option (which does not include the Level 2 Gym Instructor qualification).

### **Women's Health & Exercise Master Diploma™**

This Master Diploma™ includes:

- Level 3 Women's Health & Exercise Specialist Diploma™
- Level 3 Exercise & Nutrition for Menopause
- Level 4 Advanced Personal Trainer

Elevate your expertise with the Women's Health & Exercise Master Diploma™. This advanced course package builds on the foundation of the Women's Health & Exercise Specialist Diploma™ by incorporating the comprehensive Level 3 Exercise & Nutrition for Menopause unit. This unit educates you on how to effectively support menopausal women by understanding the physiological, psychological, and cognitive changes that occur during this period. You'll gain valuable insights into how tailored exercise regimens can mitigate the increased risk of osteoporosis and cardiovascular diseases, enhance mood, and improve overall mental and physical wellbeing. The unit also covers individualised exercise programming, the benefits of weight-bearing exercise and strength training, and strategies for promoting cardiovascular health.

Additionally, the Master Diploma™ includes the Level 4 Advanced Personal Trainer unit, which enhances your skills in exercise programming, client assessment, and advanced training techniques.

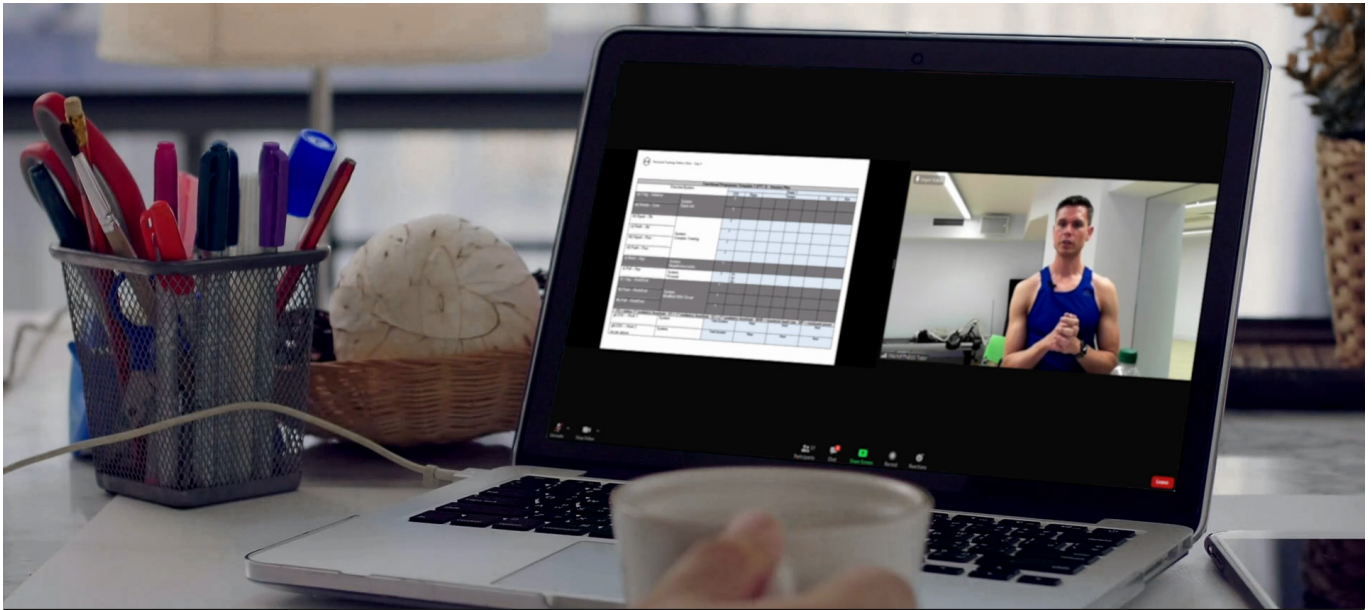
By completing the Master Diploma™, you position yourself as a highly skilled professional, capable of delivering exceptional results and providing specialised training services to a broader client base.

\*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose the Master Diploma™ (without Gym Instructor) option (which does not include the Level 2 Gym Instructor qualification).

## Study Options

To meet different study needs and styles, we offer three different study options for our Practitioner Diploma™, Specialist Diplomas™ and Master Diplomas™ – Distance, In-Person and Live-Virtual™.

And you can **start your course the minute you enrol**: simply log on to our website or mobile app and get instant access.



### Distance

The ultimate in flexibility and the perfect option for those who aren't looking to attend classes. The Distance study option is conducted as home study.

You will:

- Complete as independent home study the online learning, online theory assessments, workbook and portfolios before performing the practical assessments.
- Film your practical assessments in a suitably equipped professional fitness environment; for example, a commercial fitness centre (for which you'll need a minimum of three apparently healthy clients).

- Submit via our Help Desk a video of your practical assessments and completed portfolios. If you enrol on a combined gym instructor and personal trainer course, you must complete the gym instructor component of the course before the personal training component. If you enrol on a Specialist or Master Diploma™, you must complete the personal training component before the subsequent units.
- As an alternative to submitting a video, for most practical assessments you can – for an additional fee – book onto a scheduled In-Person or Live-Virtual™ assessment day to complete those assessment(s).

This option applies only to the Gym Instructor and Personal Trainer units. Feel free to call us if you'd like more information.



## In-Person

Enjoy the in-venue, in-person experience: home study plus clinics that you attend at one of our premium venues nationwide. **Learn in a gym environment with a tutor and other students.**

Available Full Time and Part Time.

**In London**, we offer the In-Person study option both Full Time and Part Time. The Full Time option runs Monday to Friday, and the Part Time options run over consecutive scheduled Saturdays (Part Time Saturdays option) or Sundays (Part Time Sundays option). Whether you choose Full Time or Part Time, the number of days you attend is the same:

- Gym Instructor & Personal Trainer Practitioner Diploma – 11 days (two clinics – Gym Instructor and Personal Trainer)
- Personal Trainer Practitioner Diploma – 6 days (one clinic – Personal Trainer)

**Outside of London**, we offer the In-Person study option Part Time over full weekends (i.e. both Saturday and Sunday). The number of days you attend is:

- Gym Instructor & Personal Trainer Practitioner Diploma – 11 days (two clinics – Gym Instructor and Personal Trainer)
- Personal Trainer Practitioner Diploma – 6 days (one clinic – Personal Trainer)

Regardless of the location of the clinics you have booked to attend (i.e. inside or outside of London), you will:

- Book onto scheduled In-Person clinics according to the study option (Part Time or Full Time) that you enrolled on.
- Complete as independent home study the online learning, online theory assessments, workbook and specified sections of the portfolios for each clinic before you attend that clinic. For example, you will complete the online course material and online theory assessment for the gym instructor component of the course (as well as specified sections of the gym instructor portfolio) before you attend the gym instructor clinic.
- Attend the In-Person clinics you have booked onto. You'll perform various training and assessments during these clinics and also finish and hand in the relevant portfolios.

Regardless of the location of the clinics you have booked to attend (i.e. inside or outside of London), if you enrol on a Specialist Diploma™ or Master Diploma™ you will complete the additional Specialist Diploma™ units and additional Master Diploma™ units as Distance study.



## Live-Virtual™

The best of both worlds: home study plus live, virtual clinics in which you **participate at home via Zoom with a tutor and other students**. These clinics are not pre-recorded webinars or videos – they are live.

Available Part Time.

The Part Time Weekend option runs over consecutive weekends (Part Time Weekend). The number of days in which you participate is:

- Gym Instructor & Personal Trainer Practitioner Diploma – 10 days (two clinics – Gym Instructor and Personal Trainer)
- Personal Trainer Practitioner Diploma – 6 days (one clinic – Personal Trainer)

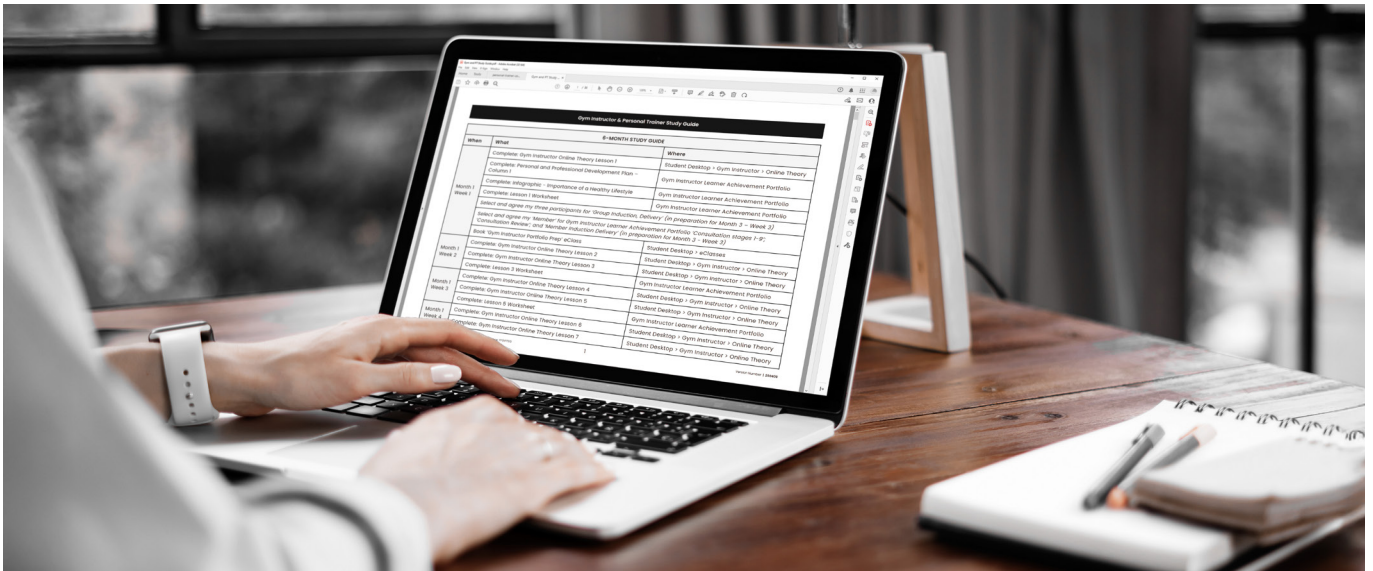
You will:

- Book onto scheduled Live-Virtual clinics.
- Complete as independent home study the online learning, online theory assessments, workbook and specified sections of the portfolios for each clinic before you participate in that clinic. For example, you will complete the online course material and online theory assessment for the gym instructor component of the course (as well as specified sections of the gym instructor portfolio) before participating in the gym instructor clinic.

- Participate in the Live-Virtual clinics you have booked onto. You'll perform various training and assessments during these clinics and also finish and hand in your portfolios. All practical assessments bar one are completed on clinic. For the practical assessment not completed on clinic, you will instead arrange and film it in a suitably equipped professional fitness environment, for example, a commercial fitness centre, for which you'll need one apparently healthy client.

If you enrol on a Specialist Diploma™ or Master Diploma™, you will complete the additional Specialist Diploma™ units and additional Master Diploma™ units as Distance study.

Discover the steps you'll take to complete your **Practitioner Diploma™**, **Specialist Diploma™** or **Master Diploma™**.



## PTPathway™ Plan

**Your step-by-step roadmap — from enrolment to certification.**

When you enrol, you won't just be handed a course and left to figure it out. PTPathway™ gives you a personalised study plan that clearly lays out what to do, when to do it, and how to stay on track — right from day one.

This roadmap removes guesswork and helps you build momentum. You'll know what's ahead, where to focus, and how to progress — so you can complete your course with clarity and confidence.



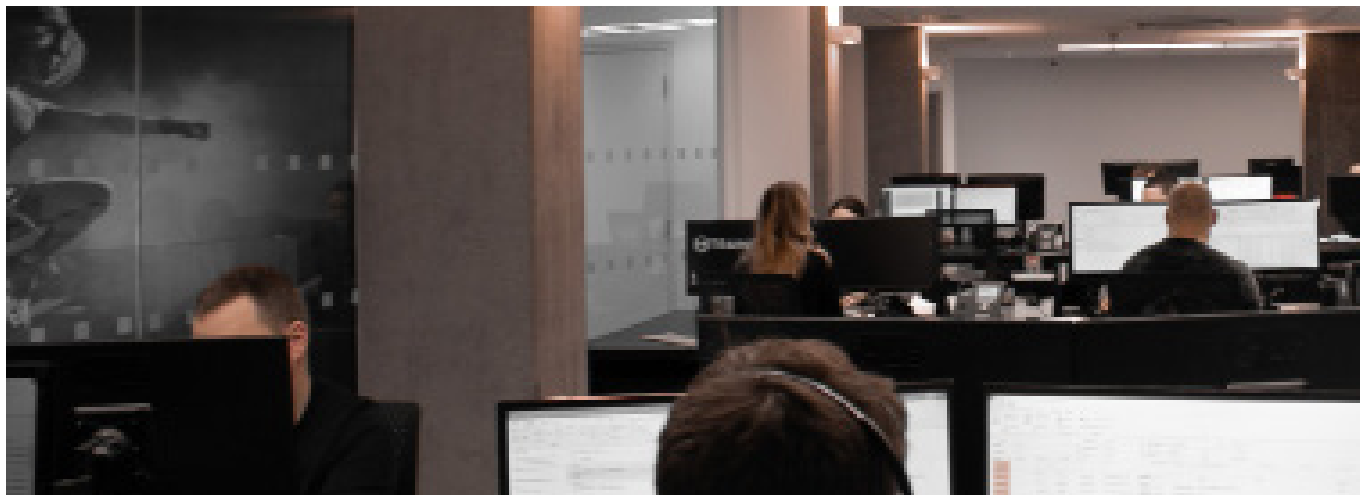


## Qualification Guarantee™

**We believe in your ability to succeed and we back that belief with a promise. You'll qualify – or we'll support you until you do.\***

Follow your PTPathway™, stay fully engaged in your learning, and take advantage of MentorMe™, including your Success Coaches and Live Learning Labs. We'll be right there to support you with personalised guidance, actionable feedback – and if you don't pass an assessment the first time, you can resubmit at no extra cost.

This isn't just a course. It's a partnership – and your success is our commitment.



## MentorMe™

### **Expert support from real PTs — when and how you need it.**

Your Success Coaches are all qualified personal trainers with real industry experience — so they know exactly what you're learning, and how to help you succeed.

Whether you've hit a sticking point, want help preparing for an assessment, or just need a second opinion, your MentorMe™ team is here to guide, support, and encourage you. You can reach them by phone, email, Help Desk, or in person — whatever works for you.

With MentorMe™, you're never left to figure it out on your own.

**Everything you need to learn smarter, feel confident, and make progress — every day.**

Studying should build momentum, not confusion. That's why the SmartStudy Toolkit™ gives you a complete set of resources designed to help you learn more efficiently and build confidence as you go.

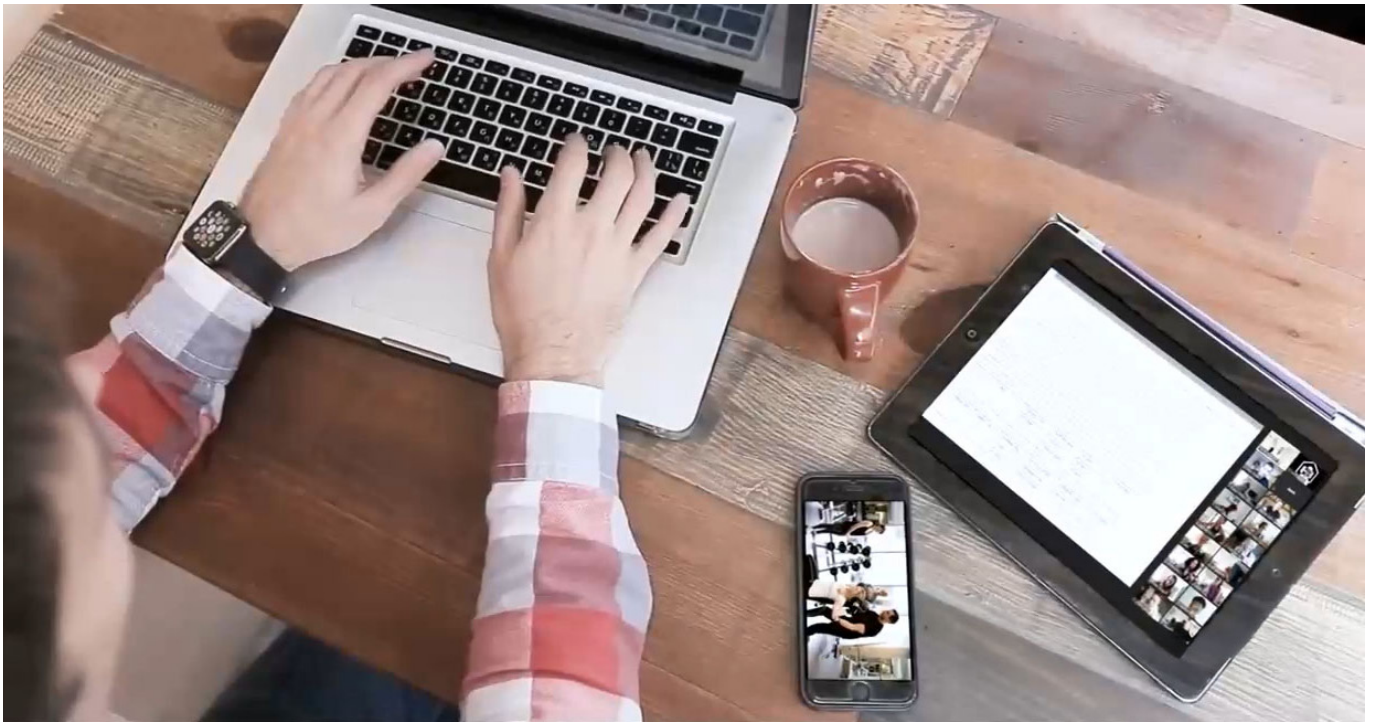
It includes:

- **Modern learning strategies** — Your personal training course is embedded with evidence-based learning strategies that help you absorb, retain, and recall information more easily. We use microlearning principles to break content into bite-sized chunks, making learning more manageable and helping you build knowledge piece by piece.

You'll benefit from clear learning paths, a unique blend of multimedia stimuli, and synoptic assessments which allow you to better transfer knowledge and skills between subjects and help you see how issues and themes connect.

Everything is designed to mirror the real-world journey you'll take with your clients once you're qualified — so your learning always feels practical, purposeful, and relevant.

- **Exemplar success videos** — Clear examples that show what successful assessments look like in practice — helping you understand exactly what's expected and how to perform at your best.
- **Live Learning Labs™** — Join our expert tutors in optional daily eClasses (Monday to Friday) delivered live over Zoom. These sessions are designed to help you prepare for assessments, deepen your understanding of key topics, and get real-time answers to your questions. You can attend as often as you like — it's flexible, focused, and there when you need it.



## Student Desktop™

**Study anywhere, anytime – with our award-winning learning platform.**

Your Student Desktop™ is the all-in-one system that gives you instant access to your course content, Live Learning Labs™ bookings, and learning support – across mobile, tablet, laptop and desktop.

Log in from the moment you enrol, and study when and where it suits you – through our website or mobile app.

We were the first fitness course provider in the UK to offer e-learning and the first to launch a mobile app for on-the-go study. That commitment to innovation earned us the ukactive award for Best Use of Technology and continues to shape the rich, seamless learning experience our students enjoy today.



## Video Vault™

**Over 500 exercise and workout videos – for learning now and coaching later.**

The Video Vault™ gives you access to a wide range of exercise demonstrations and structured workouts – available throughout your course and even after you've graduated.

Depending on your course:

- **Practitioner Diploma™:** Access 225 high-quality videos featuring base exercises, modifications, and progressions – ideal for designing varied, effective programmes.
- **Specialist & Master Diplomas™:** Get additional access to our Outdoor Fitness library with 90 videos of bodyweight and small equipment exercises for use indoors or outdoors.
- **All Diplomas:** Unlock 170+ 30-minute T3 HIIT workouts, each including:
  - A 4-minute mobilisation
  - 4 x 5–6 minute HIIT routines
  - A 4-minute active recovery
  - Printable programme cards for client tracking

You can revisit these videos anytime – whether you're revising for an assessment, training a client, or refreshing your knowledge after you've qualified.

All libraries are accessed via our mobile app, making it easy to reference movements, build programmes, and support your clients wherever you are.



## Career Concierge®

**Real support, real connections — from qualification to career launch.**

Every Diploma includes access to our Career Concierge® — a personalised service designed to help you go from learner to working PT with confidence and clarity.

We'll help you:

- **Build your CV or bio** — whether you're applying for jobs or going freelance
- **Find real opportunities** — We can connect you to guaranteed interviews through our extensive network of industry partners — offering employed roles, freelance agreements, and hybrid options. You'll also get access to our exclusive job board, where our AI engine matches you with the latest vacancies based on your qualifications and study path.
- **Launch your business** — We can introduce you to a panel of trusted specialists in insurance, web design, branding, and social media — everything you need to get your new business up and running, fast.

You don't have to figure it all out alone. Career Concierge® gives you the tools, advice, and connections to move forward — your way.

## Real People, Real Results

We've helped more than 40,000 people build rewarding careers in fitness. Here's what just a few of them had to say.

**The best experience of my life!** ★★★★★

"The atmosphere was full of good vibes, energy, and support. I actually cried for two days after finishing because I missed it so much. I've learned so much about fitness, nutrition, gym instructing, and becoming a personal trainer".

— Irina

**Amazing Experience and Forever Grateful** ★★★★★

"Amazing experience completing my Personal Training qualifications. Due to work commitments, I did it via distance study. The tutors are a credit to the organisation with how well and how much they supported me through the journey. Forever grateful".

— Ben Isaac

**10/10 experience!** ★★★★★

"I learnt so much and feel armed with confidence and excitement approaching the industry. You feel like your own individual learning with them, they really look after you. I have felt supported, understood and encouraged by all members of staff".

— Sophie J

"Without fail, **TRAINFITNESS** provide us with impressive, highly skilled personal training graduates."

— Dougie Zucconi, PT Manager at Gymbox

With more than 2,000 verified reviews across platforms, the feedback speaks for itself.

## Course Specs

Take a deep dive into our personal training courses. If you have any questions that aren't answered here, please call us on **0207 2929 140**.

### Recognition

The awarding organisation we use is Focus Awards. You'll achieve the relevant qualification/s upon successful completion of the **Practitioner Diploma™**, **Specialist Diploma™** or **Master Diploma™** you enrol on, the certificate/s for which will be issued by the awarding organisation.

Our personal training courses are also recognised by REPs and **CIMSPA**.



### Prerequisites

When it comes to getting started, you don't need any previous qualifications for our personal training courses.

If you already hold a CIMSPA recognised Level 2 Gym Instructor qualification, you might be exempt from some sections of the course. Give us a call on **0207 2929 140** option 1 if you have any questions.



You'll need a basic Level of English and Maths to understand the course content.

Our personal training courses involve physical activity that you need to perform. While it's not essential, having personal experience with gym sessions will come in handy.

## **Payment Options**

You can pay in full, up front and receive a prompt payment discount; or take out a payment plan.

The VISA logo is displayed in a bold, blue, italicized sans-serif font.The PayPal logo features a blue "P" icon followed by the word "PayPal" in a blue, italicized sans-serif font.

1

Career-Ready Curriculum™

2

PTPathway™ Plan

3

Qualification Guarantee™

4

MentorMe™

5

Free Resubmissions

6

SmartStudy Toolkit™

7

Student Desktop™

8

Video Vault™

9

Career Concierge®

### Price Match Promise™

We're confident in the value of our courses - and we want you to feel confident, too.

We offer more than just a qualification. Our courses include built-in support, exclusive learning tools, and real career opportunities.

If you find the same course offered elsewhere – with the same accreditation, features, and support – for a lower price, we'll match it. It's our way of making sure you always get the best training at the best value.



## Let's Get You Started


We offer three levels of personal training qualification, so you can start where it makes the most sense for your goals and ambitions:

- **Practitioner Diploma** – starting from £1099 or £116 per month
- **Specialist Diploma** – starting from £1499 or £149 per month
- **Master Diploma** – starting from £1999 or £191 per month

Your exact price will depend on the study option you choose and any current promotions – speak to a Career Coach to find the right fit for you.

Your next move is simple.

 **Speak to a Career Coach** – Call **0207 2929 140**

 **Or enrol yourself online** –

Enrol today and get instant access to your Student Desktop™ and course content.

**Let's turn your passion into your profession – today.**