



PERSONAL TRAINING COURSES BROCHURE



Your New Career Starts Here

Everything you need, from enrolment to earning, with expert guidance at every step.

You're ready to turn your passion for fitness into a career — and we're here to help you make it happen.

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 take your skills into spas, resorts, cruise ships or medical facilities, this brochure shows you exactly how we help you get there — quickly and confidently from day one.



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 the preparation, guidance, and confidence you need to succeed in the real world.

Our qualifications are accredited by Focus Awards, recognised by CIMSPA and REPs, and respected by top fitness brands across the UK.

Everything we do is built around helping you become a successful personal trainer. Over the next few pages, we'll show you how we help you study smarter, qualify faster, and build your future in fitness.



Career-Ready Curriculum™

Built to get you qualified, confident, and client-ready.

Our Career-Ready Curriculum™ doesn't just prepare you to pass — it prepares you to succeed. It combines the content, structure and outcomes that ensure you have the skills you need for a successful career in fitness.

From accredited qualifications to specialist pathways and flexible study options, our courses are designed to fit your goals, your lifestyle, and the way you learn best — while helping you qualify sooner. Whether you're just starting out or looking to specialise and earn more, you'll gain the certainty, knowledge, and hands-on ability to succeed.



PTPathway™ Plan

Your step-by-step roadmap from enrolment to qualification.

We don't leave your progress to chance. Your 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.

It removes the guesswork and helps you build momentum. You'll always know what's ahead, where to focus, and how to move forward — so you can complete your course with clarity and total control of your progress.



Qualification Guarantee™

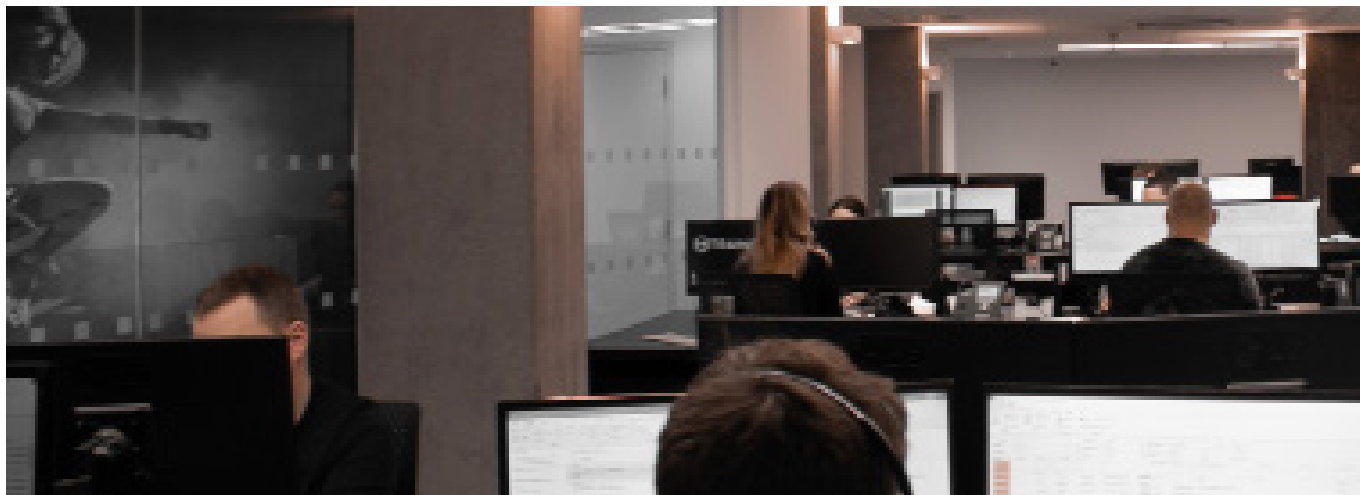
We don't just believe you can succeed — we guarantee it. You'll qualify, or we'll support you until you do.*

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 help you with personalised feedback and expert advice.

And if you don't pass an assessment the first time, no problem. You can resubmit at no extra cost. No pressure. No penalties. Just progress.

This isn't just a course. It's a partnership. Your success is our promise.

*Terms and conditions apply



MentorMe™

Your personal success team — real PTs, real support, when you need it.

With MentorMe™, you're backed by a team of qualified personal trainers who've worked in the real world, so they know exactly what you're learning and how to help you succeed.

Whether you're preparing for an assessment, looking to strengthen your understanding, or just want a second opinion, your Success Coaches are here to guide you and help you stay on track. You can reach them by phone, email, Help Desk, or in-person — whatever works for you.

This isn't generic support. It's personal, practical, and built around helping you pass with certainty and peace of mind.



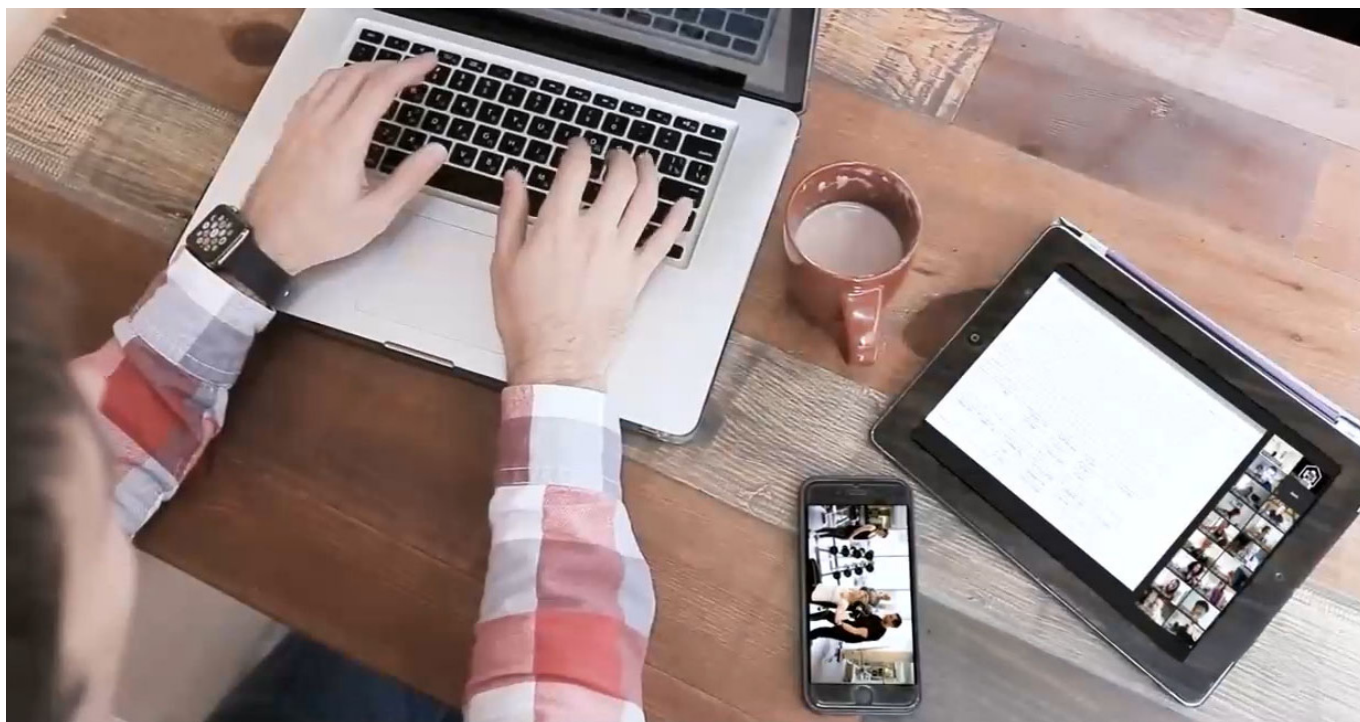
SmartStudy Toolkit™

Study smarter, build confidence faster, and make consistent progress every day.

Studying should build momentum — and that's exactly what this Toolkit helps you do. The SmartStudy Toolkit™ gives you practical tools that help you focus, learn better, and make meaningful progress with every session. You'll qualify sooner and feel fully prepared for your new career.

Here's how it helps:

- **Modern learning strategies** — Your personal training course uses proven, evidence-based methods to help you absorb, retain, and recall information more easily. Microlearning breaks content into bite-sized chunks, making it easier to apply what you learn in real-world situations. Multimedia tools and synoptic assessments help you build a deep understanding and connect ideas across topics — just like you'll do with clients.
- **Exemplar success videos** — See exactly what great performance looks like with real examples of successful assessments. You'll know what's expected and how to prepare with clarity and certainty.
- **Live Learning Labs™** — Join our expert tutors in optional daily eClasses, live on Zoom (Mon–Fri). These sessions help you prepare for assessments, deepen your understanding, and get your questions answered in real time. You can attend as often as you like — it's flexible, focused, and always there when you need it.



Student Desktop™

Our award-winning learning platform — study wherever you are, whenever it suits you.

Log in the moment you enrol and start studying on your phone, tablet, laptop or desktop — no waiting, no delays.

The Student Desktop™ gives you everything in one place: your course, Live Learning Labs™, progress tracking and built-in support.

Designed for real life, it makes study simple and flexible — whether you've got five minutes or a full afternoon.

We were the first fitness training 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 drives the seamless, high-quality learning experience you'll enjoy.



Video Vault™

500+ on-demand videos to help you revise, coach, and grow your PT business.

Whether you're revising for an assessment, building a client programme, or refreshing your skills months after you've qualified, the Video Vault™ puts a professional exercise library in your pocket. It gives you structured workouts and clear demonstrations you can rely on, so you can work efficiently and help clients get results, anytime, anywhere.

Depending on your course:

- Design better programmes, faster — with 225 base exercises, modifications, and progressions included in the Practitioner Diploma™.
- Add even more versatility with 90 bodyweight and small equipment exercises in the Outdoor Fitness library — included with Specialist & Master Diplomas™.
- Access 170+, ready-to-use, 30-minute T3 HIIT workouts — included in all Diplomas — 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 — to train, teach or troubleshoot — on demand.

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



Career Concierge®

Real opportunities. Real connections.

Every Diploma includes access to our Career Concierge® — a personalised service that helps you go from learner to working PT.

We can help you:

- **Build your CV or bio**, whether you're applying for jobs or going freelance.
- **Connect to guaranteed interviews** through our network of top fitness employers, or match with live roles on our exclusive job board.
- **Launch your business confidently** with referrals to trusted specialists in insurance, web design, branding, and social media — everything you need to get your new business up and running fast.

Career Concierge® gives you the tools, advice, and connections to move forward — your way.

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Career-Ready
Curriculum™

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PTPathway™ Plan

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Qualification
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Free Resubmissions

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Career Concierge®

Price Match Promise™

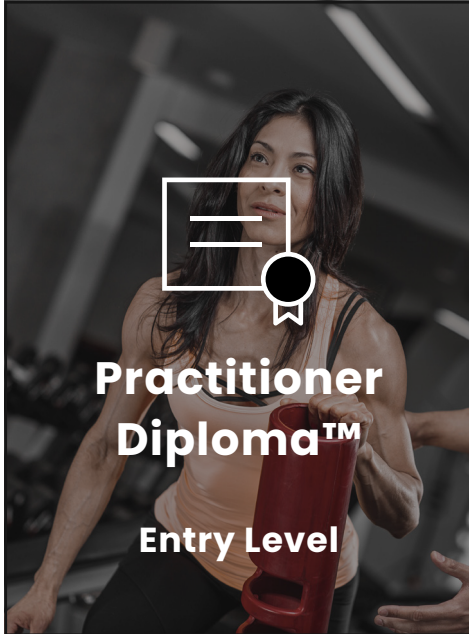
The best training. The best support. The best value.

We offer more than just a qualification. Our courses combine expert-led training, exclusive learning tools, built-in support, and real career opportunities — all in one powerful package.

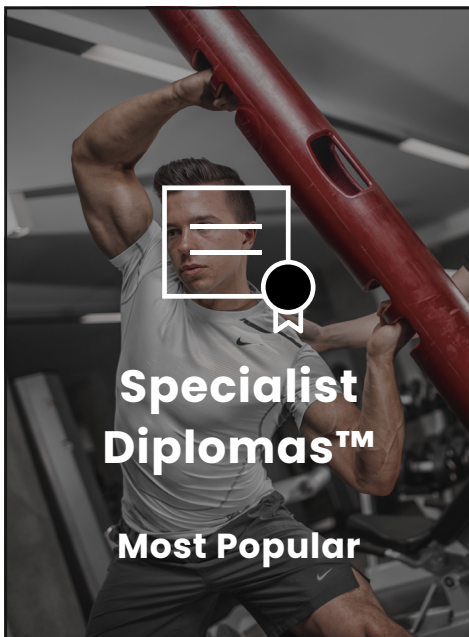
If you find the same course offered elsewhere — with the same accreditation, features, and support — for a lower price, we'll match it.

Which Diploma Is Right for You?

Our three-tier PT Diploma structure lets you choose the level of expertise, income potential, and credibility you want to achieve:



Learn the fundamentals and become a personal trainer. The Practitioner Diploma™ includes the Level 2 Gym Instructor and Level 3 Personal Trainer qualifications, plus additional professional development courses to help you get started.



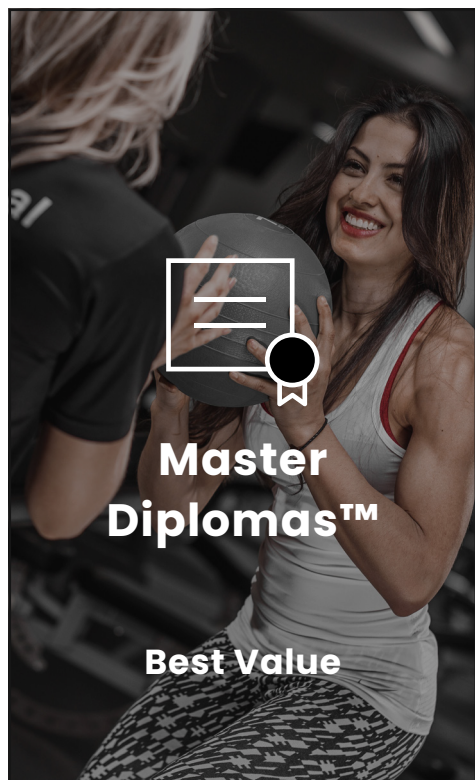
Build more credibility, attract more of the clients you want to work with, and specialise in a field you're passionate about. The Specialist Diplomas™ include the Practitioner Diploma™, plus additional Level 2, 3 and or 4 qualifications aligned with your career goals.

Become a:

Nutrition & Exercise Specialist™

Women's Health & Exercise Specialist™ or

Strength & Conditioning Exercise Specialist™



Earn the most respected credential and build a successful, long term 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, helping you truly master your chosen career path.

Become a Level 4:

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 how it helps you build the career you want.



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 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. 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

You'll begin this Specialist Diploma™ with the internationally recognised Level 3 Gym Instructor & Personal Trainer Practitioner Diploma™*, which sets the foundation for the following 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™ builds on the internationally recognised Level 3 Gym Instructor & Personal Trainer Practitioner Diploma™*, which lays the groundwork for all that follows 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 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.

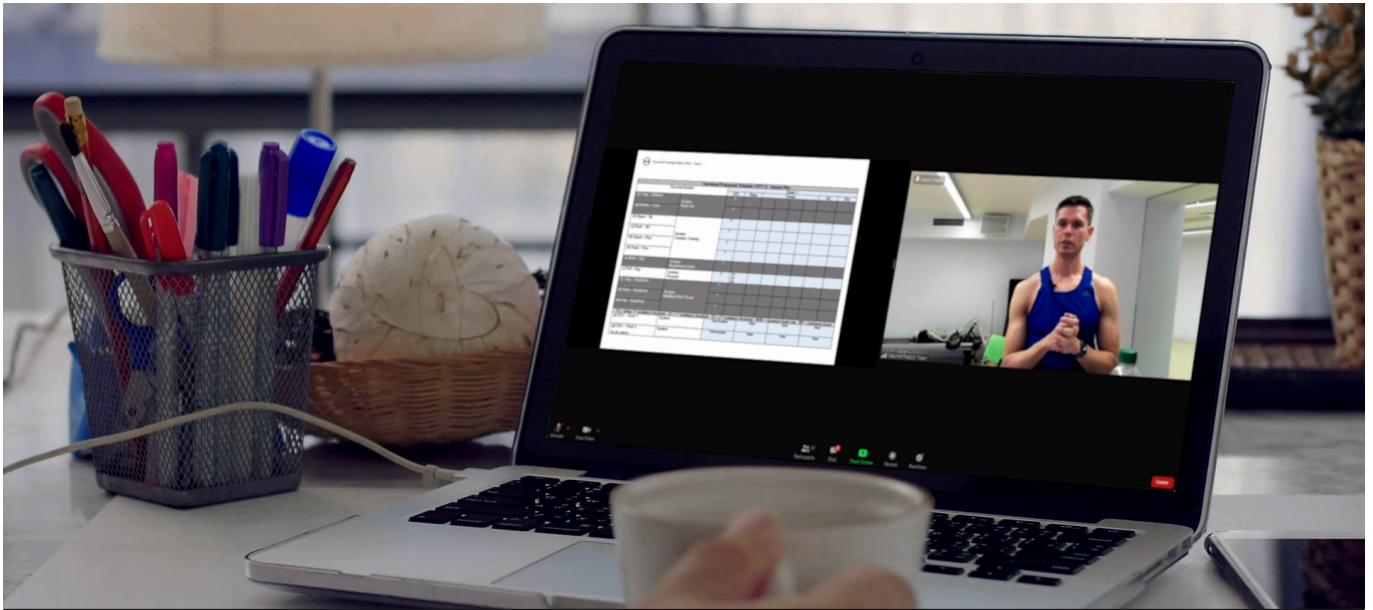
*If you already hold a CIMSPA-recognised Level 2 Gym Instructor qualification, you should choose the Master Diploma™ (without Gym Instructor) option (which does not include the Level 2 Gym Instructor qualification).

Once you've chosen your Diploma, you can decide how to study – In-Person, Live-Virtual™, or Distance.

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 to 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™**.

40,000 Success Stories. One Proven Path

We've helped more than 40,000 people build rewarding careers in fitness — here's what just a few 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

And those results are backed by over 2,000 verified reviews across platforms.




Get Started. Get Qualified. Get to Work.

Choose the Diploma level that matches the level of expertise, income potential, and credibility you want to achieve:

- **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 your study option and any current offers – speak to a Career Coach to find your best fit.

 **Enrol with a Career Coach – Call 0207 2929 140**

 **Or enrol yourself online –**

Either way, you'll get instant access to your Student Desktop™ and course content.

Your career in fitness starts now.

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

No prior qualifications are required.

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.

You'll also be required to participate in physical activity, so previous gym experience is helpful.

Payment Options

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

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.





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