

Personal Training-online

SPECIFIC TARGETS:

Planning and implementation of an individually adapted health-focused training with online trainer corrections and motivational tips and recommendations.

CONTENTS:

- Determination of the individual prerequisites and training goals
- Targeted selection of exercises with your own body weight or with small equipment (if available)
- Joint work-out with live online trainer feedback
- Motivating final review

SPECIAL REQUIREMENTS:

Sportswear recommended, sufficient freedom of movement (approx. 2 x 2 m)

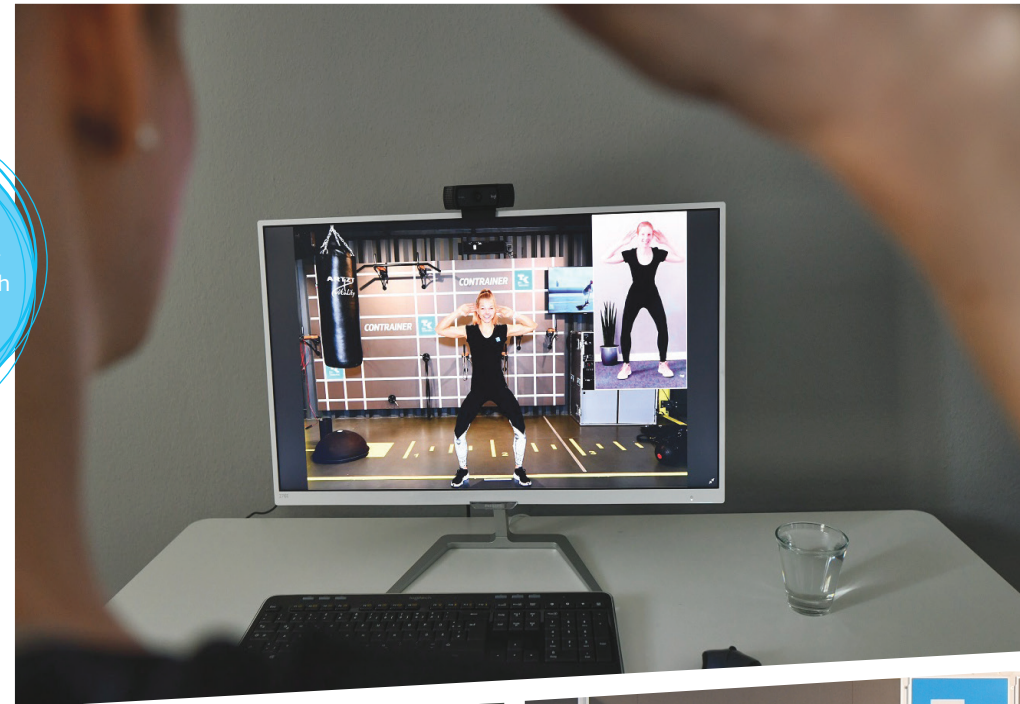
TIME REQUIRED:

20-30 minutes per person corresponding to 2 participants an hour

TECHNICAL REQUIREMENTS:

- Home office or personal workplace in the company
PC/notebook with microphone and if possible webcam; Internet access, online appointment allocation
- Separate room in the company: PC/notebook with microphone and webcam, Internet access, appointments can be made through the company

PREVENTION PRINCIPLE:
Reduction of physical inactivity through health focused activity



Personal Training-online

BACKGROUND:

Targeted exercise directly at the workplace or in the home office is becoming increasingly important for promoting health. However, many people need **help** in selecting individually suitable exercises, **professional guidance** in their implementation and **motivating impulses** for long-term implementation. These gaps can be closed by the „live“ use of the personal trainer.

PROCESS:

Before the training starts, the personal trainer talks to the participant to get an idea of their individual **requirements**, possible **limitations** and **training goals**. On this basis, selected exercises are carried out and practiced together. If available, **small devices** such as dumbbells, resistance bands or sling trainers can be used. Otherwise, the focus is on **training with your own body weight**. The trainer demonstrates the exercises, gives specific movement instructions and controls the execution. In this way an individually tailored, **professionally instructed workout** is created.

RESULTS:

In this way, the participants are enabled and motivated to carry out the training program **independently** in the future and to use it **regularly**. Finally, the personal trainer gives tips and recommendations on how the exercise program can be effectively integrated into the personal daily routine, individually dosed and **established in the long term**.

