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In most gyms and health clubs, one can find personal trainers and fitness instructorsâ€™ work side by side. They look the same but still there are lots of differences between them. Difference may lie in terms of levels of education, role, work capabilities and fitness plans they follow.

This article will help you to understand the major role, levels of education and other aspects of Downtown Vancouver personal training.

Education

If we enquire about levels of education, it will cometo know that fitness instructors are educated to Register of Exercise Professionals level 2. But personal trainers are known to educate to Register of Exercise Professionals level 3. Level 3 studies take at least of 2 months of full time study.

Duties

Duties of personal trainers are all about serving the fitness needs of enthusiasts in an individual manner. They understand the fitness goals of clients and make fitness charts accordingly.

Cutting-edge fitness plans

Fitness classes of personal training can be beginning in homes, office building or a local park. If we talk about cutting-edge fitness plans, they make programs that can prove effective for all age groups and that too in less time.

Health check

Health check is one of the essential tasks performed by personal trainers. Health conditions and abilities vary from person to person. Downtown Vancouver personal training experts opt for health check to decide the kind of activities that suit the abilities and health conditions of the person.

Risk assessment

In personal training, risk assessment is also followed to support the clients. They do this to make sure the clients do not get any kind of injury or pain during the session. For this, the trainers never opt for bending exercises in the beginning. They first help the enthusiasts for warm up, general exercise followed by complex bends and movements.

High level of confidentiality

One of the objectives of personal trainers is to build high level of confidentiality in clients. For this, they first educate the clients for the kind of exercises and movements they will follow in the session. They make them clear that losing weight or making body flexible is no more a tough task and with efforts, anyone can get a flexible, fit, slim and well-maintained body.

There are many more things that can make one to say that Downtown Vancouver personal training comes with a lot of benefits for people. Take help of fitness centres and professional gyms to take advantage of quality personal training.

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Studeo55 has been offering professional and quality Downtown Vancouver personal training along with other activities like a yoga, MMA, a Crossfit and much more in Vancouver, BC.

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