

FACE TO FACE TRAINING VS ONLINE PERSONAL TRAINING



Ever wondered what the difference between a face to face personal trainer is? Or which of the two is ideal for you? Check out my non bias comparison between face to face and online personal training.

	Face to Face Training	Online Personal Training
Trainer	Limited to location	Choose any trainer in the world
Convenience	Limited to availability	Train anytime, anywhere
Affordability	Higher rates due to business costs	Better value for money
Accountability	Face to face	Online, email & Messenger
Exercises	Demonstrated face to face	Demonstrated via video
Nutrition	Maybe	Maybe
Tracking	Maybe	Progress tracking via advanced software
Motivation	Trainer nearby for encouragement	Self motivated
Technical knowledge	Not required	Some computer skills may be required
Community	Small and local	Large and global
Ideal for	Ideal for anyone who prefers the face to face interaction, exercise demonstrations, motivation and the accountability of having an appointment with a trainer.	Ideal for those who are more self motivated, have some experience exercising and just need the flexibility and expertise of an experienced, qualified personal trainer.