

TRAINER®



MASTER TRAINER CERTIFICATION PROGRAM

Introduction

The PF Master Trainer Program is designed to give trainers the opportunity to grow within their role at Planet Fitness and develop skills that will help them advance their careers.

By earning the Master Trainer designation, a trainer can distinguish themselves as a specialist in a field of their choice and an expert on the PE@PF program and operations.

Upon completion of the Master Trainer Program, the trainer will be presented with a Master Trainer pin and certificate and will receive a bonus along with an additional week of paid vacation.

Requirements

Before completing the written exam to earn a Master Trainer designation, trainers must meet the following requirements:

- Be a PF trainer for a minimum of 12 months
- Maintain an approved personal trainer certification
- Hold a current CPR/AED certification
- Read *Raving Fans* and complete a book report
- Earn an approved specialty certification*
- Achieve the minimum score for TeamBucks on the last two quarterly reviews
- Complete all required PFU courses
- Present on a topic related to their specialty at a quarterly meeting
- Complete 10 hours of fitness-based community service**

*The trainer can choose from the following specialties:

- Inclusive Fitness
- Weight Management
- Behavior Change
- Functional Training
- Corrective Exercise
- Senior Fitness
- Women's Fitness
- Cancer Exercise

**Must be pre-approved by the Regional Fitness Coordinator

Written Exam

The written exam consists of 100 multiple choice questions, and a score of 80 is needed to pass. The exam will contain questions regarding the following competency areas.

| Competency Area | % of Exam |
|--|-----------|
| PE@PF Programming | 25% |
| Equipment Knowledge and Maintenance | 20% |
| Customer Service and Operations | 20% |
| Exercise Prescription, Programming and Modifications | 20% |
| Company Culture and Policy | 15% |

Specialist Programs

Inclusive Fitness

Provider: ACSM

Pricing:

| | |
|-----------------------------|-------|
| Regular Exam Cost | \$195 |
| ACSM Certified Pro Discount | \$150 |
| Re-test | \$125 |
| Textbook | \$50 |

An ACSM/NCHPAD Certified Inclusive Fitness Trainer is a fitness professional who assesses, develops and implements individualized exercise programming for healthy or medically-cleared persons with a physical, sensory or cognitive disability. ACSM/NCHPAD CIFTs make exercise accessible for all – empowering individuals to achieve fitness goals that previously seemed beyond their own limitations.

In addition to leading and demonstrating safe, adapted exercise techniques as well as necessary precautions, ACSM/NCHPAD Certified Inclusive Fitness Instructors also possess a working knowledge of current American Disability Act (ADA) policy specific to recreation facilities, and standards for accessible facility design. ACSM/NCHPAD CIFTs commonly work in community and public health settings (such as a YMCA or Parks Department) to improve access to exercise for all, as well as gyms and health clubs and university or corporate-based fitness centers.

Weight Management

Provider: ACE

Pricing: \$399

As an ACE Weight Management Specialist, you'll possess the knowledge needed to lead clients to long-term weight management success through a balance of behavior change strategies, exercise and nutrition. You'll also hold a greater understanding of the psyche of clients impacted by overweight or obesity, the concept of empathy, and how you can work with other health and fitness professionals to craft a sustainable path to healthy change.

Behavior Change

Provider: NASM

Pricing: \$499

Gain the knowledge, skills, and abilities involved in motivating clients to help change health and fitness related behaviors. At the conclusion of the specialization, you will have the ability to systematically assess and implement behavior change tactics in a progressive approach with application oriented tools.

With the NASM Behavior Change Specialization, learn how to:

- Pinpoint motivational triggers and determine your clients' greatest barriers to change
- Apply the appropriate intervention techniques aligned with your clients' personality, and identify their ability to change
- Design programs that can yield quicker, more effective results, and help to raise client retention
- Adjust training methods as your clients progress in their training

Functional Training

Provider: ACE

Pricing: \$399

With a versatility that ranges from competitive athletes to rehabilitation patients, and everyday people who need to improve their balance and joint stability, expertise in functional training can be applied to a wide range of clients. As a Functional Training Specialist, you'll be able to help people move more efficiently, prevent injury, improve their balance and flexibility, build strength, and improve their overall quality of life.

Corrective Exercise

Provider: NASM

Pricing:

| | |
|--------------------|-------|
| Self-Study | \$699 |
| Premium Self-Study | \$849 |
| All-Inclusive | \$999 |

The NASM Corrective Exercise Specialization (NASM-CES) is a proven program that can be applied to reduce muscular dysfunction and help your clients move, feel and live better.

The NASM-CES teaches you how to use a variety of static and dynamic assessments to identify imbalances and use the results to design effective programs for your clients with the Corrective Exercise Continuum (CEX).

The CEX is a simple yet highly effective four-step process fitness professionals can use with their clients and athletes to improve, and ultimately, correct common movement compensations.

Senior Fitness

Provider: NASM

Pricing: \$199

The NASM Senior Fitness Specialist (SFS) plays a vital role in keeping seniors active!

NASM Senior Fitness Specialists:

- Boost their reputation, career, and client base by capitalizing on the growing demand for physical fitness experts for seniors
- Meet seniors' specific needs by designing exercise programs that use NASM's Optimum Performance Training™ (OPT™) program

- Enjoy the convenience of many seniors' flexible schedules
- Reduce seniors' risks for falls and preserve their independence
- Understand seniors' limitations, common medical conditions, aging process, and frequent fitness obstacles

Women's Fitness

Provider: NASM

Pricing: \$299

Women have different fitness needs. Show women there's no limit to what they can achieve! NASM Women's Fitness Specialists:

- Boost their reputation, career, and client base by training women of all ages and body types, including younger, pre- and postnatal, and older women
- Teach clients about good nutrition and how to use the Optimum Performance Training™ (OPT™) Model to manage their weight
- Provide corrective exercise, cardiovascular, and small-group training

Cancer Exercise

Provider: ACSM

Pricing:

| | |
|-----------------------------|-------------------|
| Regular Exam Cost | \$195 |
| ACSM Certified Pro Discount | \$150 |
| Re-test | \$125 |
| Textbook | \$64 (\$47 eBook) |

Do you want to give guidance and strength through exercise to people living with cancer? Created in collaboration with the American Cancer Society (ACS), ACSM/ACS Certified Cancer Exercise Trainers (CETs) design and administer fitness assessments and exercise programs specific to a person's cancer diagnosis, treatment, and current recovery status.

Special Topics Presentation

After the trainer has earned a specialty certification, they must present a topic of their choice related to their specialization at a quarterly meeting. The topic should be approved by the Regional Fitness Coordinator. Examples of topics could include reducing the risk of falls and balance training (for a Senior Fitness Specialist) or how ADA policies apply to fitness centers (for an Inclusive Fitness Specialist). Trainers should work with the Regional Fitness Coordinator to choose and research a topic that interests them and will benefit them in their career.

Fitness-Based Community Service

Fitness-based community service gives trainers the opportunity to connect with members and the public while advocating for inclusiveness outside the Judgement Free Zone. Community service must be pre-approved by the Regional Fitness Coordinator and can include activities like volunteering at local 5K/10K races, creating teams and participating in fundraisers like Relay for Life or Walk to End Alzheimer's, coaching a kids' sports team or helping to organize a Special Olympics tournament. Activities must promote physical activity and make an impact in the local community to be approved. A community service log must be completed when the trainer participates in a service project and signed by a direct supervisor.

Major in Excellence

PLANET FITNESS UNIVERSITY

Required Courses



SMART Goal Setting for Success

Setting goals is critical in achieving career success. Taking the time to create meaningful and motivating goals provides clear targets to aim for. Creating well written goals allows you a path to follow and becomes a tool to measure efforts as they relate to yourself, your team, and the success of your club(s). The first in a series of courses designed for Planet Fitness leaders, this course focuses on setting SMART goals and following an action plan to achieve your goals.



PE@PF

Learn to operate PE@PF through DataTrak. This course contains interactive guides to performing different class scheduling tasks through DataTrak, as well as guides to using the Employee Portal on an iPad and running reports on class attendance.



PE@PF New Member Orientation

One of the things that makes Planet Fitness unique is the fact that so many of our members are new to fitness. In fact, over 40% of our members have never belonged to a fitness club before! Because of this, we've developed a 30-minute new member orientation session. It's somewhat similar to our club tour, but with a few key differences. In this course, learn more about what the Orientation session is, why we offer this session, and download a script for how a trainer can facilitate this session.



PE@PF Toolkit for Trainers

The first in a collection of courses created specifically for PE@PF Trainers, the Trainer Toolkit includes a PF Trainer Playbook, member training log, and technical guides to administering the PE@PF program in DataTrak.



PF360 Program

Learn about the three distinct training sessions incorporating the PF360 equipment. View program descriptions and download session guides specific to your club's configuration of PF360 that include written instructions, work/rest ratios, a sample workout, and alternate exercises. No PF360? No problem! Facilitate the sessions using a number of functional accessories and bodyweight exercises.



Life Fitness SCIFIT Equipment and Row GX Trainer

View a series of short videos for three new pieces of Life Fitness equipment, the SCIFIT PRO1000 Upper-Body Ergometer, the SCIFIT StepOne Recumbent Stepper, and the Row GX Trainer. Each video provides operational instructions, as well as preventive maintenance tips.

Raving Fans Book Report

1. List 5 key points from the book.

- -----
- -----
- -----
- -----
- -----

2. What is something you can take from this book and apply in your life?

3. What specific event or passage in the book stood out to you and why?

4. How has this book challenged you to think differently?

5. Name one specific person in your life that would benefit from reading this book. Why would you recommend it to them?

Community Service Log

Date: _____ Name: _____

Organization/Event: _____

Description of Service: _____

Hours Completed: _____ Name of Supervisor: _____

Supervisor Signature: _____

Community Service Log

Date: _____ Name: _____

Organization/Event: _____

Description of Service: _____

Hours Completed: _____ Name of Supervisor: _____

Supervisor Signature: _____

Community Service Log

Date: _____ Name: _____

Organization/Event: _____

Description of Service: _____

Hours Completed: _____ Name of Supervisor: _____

Supervisor Signature: _____



Master Trainer Log

Name: _____ Club: _____

| Requirements | Progress | Completed |
|---|--|-----------|
| Minimum of 12 months as a PF trainer | Start Date: _____ | |
| Approved trainer certification | Certifying Organization: _____ Completion Date: _____ Valid Through: _____ | |
| Current CPR/AED certification | Completion Date: _____ Valid Through: _____ | |
| Read <i>Raving Fans</i> | Book Report Completed: _____ | |
| Approved specialty certification | Specialty: _____ Certifying Organization: _____ Completion Date: _____ | |
| Minimum score on last two quarterly reviews | Operations Score #1: _____ Class Score #1: _____ Operations Score #2: _____ Class Score #2: _____ | |
| PFU courses | Lead: SMART Goal Setting for Success | |
| | Operate: PE@PF | |
| | Train: PE@PF New Member Orientation | |
| | Train: PE@PF Toolkit for Trainers | |
| | Train: PF360 Program | |
| | View: Life Fitness SCIFIT Equipment and Row GX Trainer | |
| Presentation | Topic: _____ Date: _____ | |
| 10+ Hours of Community Service | | |
| Written exam | Score: _____/100 Completion Date: _____ | |



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