



Virtual Personal Training Guidelines

Setup

- Individual and small-group virtual client training sessions will be conducted via Zoom, WhatsApp, Facetime or Skype
- Use a tripod for your phone or use a laptop or an iPad that is stationary
- Before programming each session, your coach will be sure to discuss what type of equipment you have available in your home or sign out freshly sanitized GYMGUYZ loaner equipment
- Before the start of the session, your coach will email or text you with the intended workout program

Training Session

- Your coach will be sure that you are constantly engaged throughout the session, providing you with verbal and visual cues
- Your coach will interact with you just as he/she would during an in-person session!

Recording Sessions

- Sessions may be recorded, with your permission, and at the discretion of the franchise owner
- If shared, you must, first, provide approval