

Online Vs. In-Person Training What's Best

When choosing to embark on a new fitness program, you essentially have two options: to hire a personal trainer or to find a suitable fitness app or online workout program to match your needs.

While the focus may be the same, these are two quite different experiences. Here we will provide an overview of both these options to aid you in your decision.

- Real-World Personal Training

At-the-gym training is the more traditional method of fitness, and working with a personal trainer offers all sorts of apparent advantages.

Firstly they can create a training plan that is both suitable for your level, and that will help you to attain your fitness goals more efficiently, be they losing weight, increasing muscle mass, or simply boosting your overall fitness level.

They can then support you in your training, making sure that your form is correct to avoid any injuries and ensuring that you progress from one stage to the next at the right times, meaning that you are not working too hard or becoming too complacent with your routines.

Moreover, personal trainers, as fitness experts, come with a wealth of knowledge on exercise routines, and can even provide details on correct nutrition to boost your chances of success. You also will have access to a wide range of equipment for a more well-rounded experience.

Finally, hiring a personal trainer is likely to help with consistency. They will support you in remaining motivated and focused on your goals. Alongside this, regular and consistent training more easily becomes part of your everyday routine, meaning that you are more likely to persist.

- Online App-Based Personal Training

While training from home is not a new phenomenon; people have been buying workout DVDs and videos for years; it is, however, an increasingly popular one. The main reason for this is that improved technology allows for better user experiences.

Nowadays, rather than merely providing generic workouts for all, some apps offer more customizable options, so that you can either input some details to be assigned more relevant exercises, or work directly with a personal trainer. These are both likely to offer significantly better results as they are based on your unique goals and fitness level.

One crucial advantage of apps over a personal trainer is that they offer a more flexible approach to working out. This is of particular benefit to those who have a hectic or ever-changing schedule. As you don't have to plan your workouts in advance, you can complete them anywhere and at any time.

Furthermore, there is a wide range of options to choose from, meaning there is one to suit every budget – from free video routines to more tailored approaches or even specific online coaching.

A perceived limitation of online training is lack of accountability. Some feel that they will struggle to remain motivated. However, contemporary apps have addressed this problem through the inclusion of fitness communities where you can meet and support others following similar programs, or by adding in messaging services that allow your online trainer to keep in regular contact.

In addition to all of this, modern technology allows for online fitness tracking through various hardware. This means you can clearly see the progress you are making and celebrate your achievements, inspiring you to keep on track.

All in all, both options offer considerable benefits. The one you select will depend on your specific circumstances. While it may be better for someone who is just starting out to work with a personal trainer to ensure that they are doing the right kind of exercises in the right way, an individual who is clear on their goals and already experienced with a range of workouts can do just as well with a high-quality online fitness app.