

Forum:[Hack Forums](#)

Thread: [Personal Training Coaching \(4 slots for free!\)](#)

luffy - January 28, 2021, 3:27 pm

What's up HF community,

I'm writing this post in the interest of being able to help some of y'all (and myself) out.

Since you've clicked on the thread, I'm assuming you have some level of interest in becoming fitter/healthier/leaner/more muscular/ fill in the blank. The simple realization that you need to take better care of yourself is incredibly important towards a better quality of life, so I'm happy for you :)

Like most people, when you want to learn how to do something new, you've probably googled how to do it right. The unfortunate reality though is when it comes to exercise and nutrition, there's a baffling amount of information, very often contradictory and it leads to a great deal of confusion and unsureness about what you should ACTUALLY be doing, or where the best place to start might be. I think this leads to a lot of people giving up, or not reaching their goals when they should have been able to because they might have:

- followed the wrong piece of advice for beginners

- *fallen into the trap of complication which results in you not even wanting to begin because the task in front of you appears too monumental

- *you don't see the results whatever modality of information you chose to follow promised you motivation dies out, and without motivation, you cease to continue on the path this list goes on and on, but you get the idea

Well, that's where I come into the picture. Think about it, generally in life where you can't solve a problem yourself, you look to someone more well versed in that area to help you out. I.E. car not working? you'll probably visit a mechanic because you can't afford to take risks when it comes to the wellbeing of your vehicle right? You could definitely learn the information you need to fix your car yourself online, but it involves a great deal of study, comprehension and time to learn the skill. For someone who wants to make a living fixing cars, this might make sense, but for someone pursuing other fields of work, it's not worth the time or effort, so you pay someone who already learned to save you the effort, and fix your car. Well your body is just the vehicle through which you experience and navigate life (this is the first of many cheesy cliché's you will see from me, please bear with it :), so wouldn't it make sense to look to someone with high expertise in how to better take care of and strengthen this vessel? That's exactly what the job of a personal trainer is, to help you fix and strengthen your body without you having to go through years of research to learn it yourself.

I could probably write pages and pages on why it's effective to have a personal trainer, or atleast a coach of some level when you're starting out training, but that's not the purpose of this post. Instead, let's get to the meat of what I'm offering:

In the future this will become a paid service, however for now I am looking for 3-4 dedicated people who are either looking to start, or have started and are struggling to take their well being into their own hands.

What I am offering:

Online fitness/exercise coaching

What does this include?

*I will be putting together a discord server on which you can join a group of people fighting the same fight as you. I think it's invaluable towards your success to be in a group of some sort with like minded people, dedicated towards similar goals. Seeing that you are not alone in your struggle, having people to help you, and in turn having people to help will allow you stay dedicated through the ups and downs

*I will help you put together a training regimen specifically suited towards your goals, in a manner that will yield the highest chances of success

Nutritional guidance (This can be as specific as you want it to be. Meaning I can give you an exact meal plan, or meal ideas together with macro nutrient/calorie targets, or even much more vague simpler steps to start working towards seeing progress. This all depends on you and we can further discuss what will work best for you)

Weekly live sessions / check ups / coaching on video of you performing exercise. While I personally believe the best approach is face to face coaching, obviously with our ongoing pandemic this would be the next best thing. This is entirely based on how comfortable you are engaging in any of these forms of sharing.

*Goal setting, recording, and achieving

*Providing you not only the information about what you're doing, but also the logic behind why. To "succeed" in fitness, you will need to adopt the frame of mind that this shit is for life. If you lose weight by working your ass off for 6 months, and then spend another 6 months going back to the way you live right now, you'll see results for 6 months, and then lose them over the next 6. Consistency throughout your lifetime is the only way to see the success that you have in your mind. And don't let this scare you off! Think about the first time you took a sip of alcohol. Didn't it taste like complete garbage? But over time you grew accustomed to it simply because you recognize that with that taste, a good feeling is coming. Well guess what? There ain't no better feeling then being healthy, so while it sucks at first, you will begin to recognize the good that comes with your actions, and it becomes much easier to commit to said actions over time.

Why am I offering this? And more importantly, why should you even listen to me?

I'd like to be as transparent as possible, and so the reason this service is currently being offered for free (it will be paid in the future), is that the majority of my training experience is face to face. Given our current circumstances, online training seems like the obvious next step, however I'd like to offer a high quality service, which includes experimentation on what works and what doesn't. And I figured this experimentation would be best conducted with actual clients. So while you are getting a service for free, it isn't perfect. I pride myself in offering high quality customer service in my other work, and intend to carry that over to this service as well, but please understand that there will be a certain learning curve for me as well, and I wouldn't consider it right to charge for a service that's still not perfected.

As far as my credentials / why you should consider my advice

First off I did start a service like this on HF before, but due to personal life circumstances I discontinued it. However there are reviews on that thread, so if you'd like to see those :

<https://hackforums.net/showthread.php?tid=5718492>

Since this post, I've continued to learn and grow, and transitioned into powerlifting. I don't

personally enjoy posting my accomplishments on social media and such, so I don't have much video proof of my lifting accomplishments, however I've managed to naturally pull 535 on deadlift, 495 on squat, and 295 on bench. (This within 11 months of transitioning to powerlifting). Admittedly these aren't amazing numbers, but I believe a major component in higher numbers is the time put in, which sadly I haven't yet had the chance to put in. Once gyms are open in my city I will happily update this post with video proof (if this is mandatory I do have a few older lifting videos I can share with you).

Secondly, I've been personal training as a part time job for about 8 months pre-covid, and have helped a lot of people see success along their journeys. I am confident in my ability to provide a service oriented towards you as an individual

I've been passionate about exercise, strength, nutrition, and pretty much the science behind how to take advantage of our bodies for over 6 years now. Not as a side gig, but in an attempt to pursue this as a life long career. Strength and the factors around strength are arguably one of the biggest occupiers of my mind space, and so let my countless hours of research benefit you as you would let a mechanics knowledge benefit your car. My research has always been around the way things happen, learning scientific principles about the physiology of the body and the psychology of the mind, both of which I believe to be equally important in the success of any individual in fitness (and probably most things in life). By no means do I claim to be an expert on the matter, but I constantly, almost desperately look to the actual experts for their opinions and ideals and understandings to further increase my own knowledge base. Yeah, an expert would probably be able to promise you better results than myself, but ofcourse they would charge you 10x as much.

I don't bullshit (or atleast try my best not to). If I'm sure of a topic I will explain it to you, if I'm unsure I guarantee I will do more thorough research before telling you how to act on that topic.

I am a glpti (canada's biggest gyms personal training certification) certified, and CSEP certified. But to be frank, the information I learned while studying for these certifications was stuff I learned within my first year or so of personal study. Often times the information was uni-dimensional, and outdated, and I wouldn't re-teach it to someone else. But if certifications quantify a person's experience for you, here you go.

Lastly, I am of the mindset that every person is a unique individual, not just in their ideals and philosophies, but also on their actual chemical/biological structure, and this is an incredibly important part in creating a plan for a person. I will never pitch you cookie cutter plans, everything we work on will start from scratch with the basis of attempting to understand you as an individual and what will and won't work for you.

SO, if you've managed to work through the giant wall of text, that's great. I wrote excessively for a specific reason. This task that you are attempting to take on will NOT be easy. It will take consistent effort, work, focus and dedication on your part. Reading through this entire post will probably be the easiest part of the entire ordeal, if you can't even be bothered to do that, I can't promise you much success. If you have however read it all, and are excited about the potential future it can lead to, here are the things I expect from you:

Access to a gym / home training equipment. Does this mean you cannot make progress at home with nothing but your bodyweight? No you most definitely can, and if you have questions feel free to PM you I will be happy to help. However for the purposes of this post, I would prefer someone with access to equipment.

Honesty. The goal here is to ACTUALLY create a plan that works for you. This will take trial and error, but the basis of your success will come from how honest you can be with both yourself and with me.

Dedication. I understand that this is no easy task, that's why we all fail it so often. There will be ups and downs, and as your coach I will do my best to always be there for you , to answer your questions, and help solve the doubt that clouds your mind. But you must be prepared to stand back up and try, try and try again, despite however many times you fail. And if there's one thing that I could impart upon you it would be this. Consistency is the key to success in this field (and most others), and so if there is one thing you must promise me and yourself, it's that you will try to get back up again when you fall.

*Willingness to offer a vouch, should you see success from my services :)

So, that's all I have to say for now, if you feel like this is a service you could benefit from, please don't hesitate to PM me. Our communication will be via discord. Note: If you're not looking for fulltime coaching, but have a few questions, feel free to PM me I'll do my best to help you out :)

Available slots:

3/4

[contract=tid]Start Contract[/contract]

Plot - January 28, 2021, 3:43 pm

I might try this out very soon.
GLWS OP!

luffy - January 29, 2021, 11:31 am

(Jan 28, 2021 04:43 PM)Plot Wrote: [\[CITE\]](#) I might try this out very soon.
GLWS OP!
Hmu whenever:)

Stanley - January 31, 2021, 8:13 am

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

Solomun5 - January 31, 2021, 8:27 am

Could I grab the last spot? Recently started working out again. :)

SantanDave - January 31, 2021, 10:09 am

If there are still spots available hmu, lost my routine with the gyms shutting :(

siddy357 - January 31, 2021, 10:42 am

Would love to take the available final spot.

ZeroOne - January 31, 2021, 10:44 am

I'm interested in taking the final spot if it's still available, I do however have a certain medical condition that might affect the training but I'm looking to start because of it.

If the final spot has been already filled or taken, kindly let me know as I would like to ask you a few questions regarding my condition.

Thank you.

Solomun5 - *January 31, 2021, 12:52 pm*

Talking with luffy for like an hour and he knows what he is talking. Really nice and informative guy! I really am happy that I joined his squad!!!