



Summary

Personal trainers are typically driven by a passion for fitness and a desire to share their experiences and knowledge with others. The primary function of the personal trainer is to instruct the individual clients on the proper methods of exercising according to their age and fitness abilities. Most personal training businesses are usually within the setting of a fitness club, with the personal trainers regarded as independent contractors. Starting a personal training business involves steps that must not be taken for granted if the client intend to make it to become a success. A sole proprietorship is a form of business in which an individual starts a business under his or her own name. The sole proprietorship is the oldest and simplest form of business ownership. It is possibly the best structure for a personal trainer who has appropriate insurance, does not go outside the scope of his or her fitness qualifications and does not intend to hire employees or expand the business beyond his or her own training sessions.