

Personal Training Instruction Sheet

1. Complete a complimentary MicroFit Fitness Assessment in the KSU Wellness Center located in room 131 of the Student Recreation & Wellness Center (SRWC).
 - Call 770-423-6394 or stop by their office to schedule an appointment.
 - Office hours are:
 - Monday-Thursday 9am-6pm
 - Friday 9am-5pm
 - Saturday 9am-12pm
2. Complete a *Personal Activity Readiness Questionnaire (PAR-Q)*
3. Complete the *Personal Contact Information Sheet*
4. Complete the *Informed Consent for Personal Training Program Form*
5. Schedule a personal training appointment in the Intramural & Recreation Services Office, room 129 in the SRWC.
 - Call 770-423-6913 or stop by their office to schedule an appointment.
 - Office hours are:
 - Monday – Friday 8am-5pm
6. Please make sure that you have eaten or have had a healthy snack at least 1-2 hours prior to your scheduled appointment with the personal trainer.
7. Show up for your scheduled appointment on time with all your completed forms and MicroFit Fitness Assessment.
 - Personal Trainer will go over your MicroFit Assessment and PAR-Q, develop fitness goals, and develop a fitness program with you. (All information will be filed in a locked cabinet)
 - Be prepared to workout
 - Warm-up on a cardiovascular machine or outside for approximately 10-15 minutes.
 - Wear comfortable, loose-fitting, and appropriate clothing
 - Gym pants or shorts
 - t-shirts
 - socks and appropriate athletic shoes
 - Bring your own water and towel
8. If you are not able to attend your scheduled session with the Wellness Center or with the Personal Trainer, please give a courtesy call to that department. Cancellations for a Personal Training appointment must be made at least 24-hours prior to the appointment in order not to forfeit future scheduled sessions.
 - a. Wellness Center MicroFit Fitness Assessment 770-423-6394
 - b. Personal Trainer 770-423-6913

GET PERSONAL RESULTS!