

Fitness Instructor Job Interview Questions And Answers



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Fitness Instructor Interview Questions And Answers Guide.

Question - 1:

Tell me are you CPR certified?

Ans:

Yes I am cpr certified tho it has just recently became out-of-date.

[View All Answers](#)

Question - 2:

What do you do for a job as Fitness Trainer?

Ans:

I'm a personal trainer and a fitness instructor so I'm basically paid to be the giant pain in the ass who gets people out of bed and exercising every day!

[View All Answers](#)

Question - 3:

What works best in motivating an aerobics group?

Ans:

In my experience upbeat music and weight loss competitions are two things that really motivate an aerobics group.

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Question - 4:

What do you do to enhance clientele?

Ans:

I maintain a client referral list and make cold contacts; I also promote the gym and fitness services via face book and other social media platforms.

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Question - 5:

What is CPR certification?

Ans:

Cardiopulmonary Resuscitation (CPR) consists of mouth-to-mouth respiration and chest compression. CPR allows oxygenated blood to circulate to vital organs such as the brain and heart.

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Question - 6:

Tell me what are your professional qualifications?

Ans:

A trainer's education may be a certification and coursework from a health organization, degrees in physical education and adult fitness, and any relevant coursework or degree: psychology, biology, etc.

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Question - 7:

Are you more comfortable in group or personal training?

Ans:

Though I specialize in personal training and enjoy setting individual goals and attaining them more, I work equally well with client groups.

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**Question - 8:**

What gives you confidence you can lead an aerobics group?

Ans:

I have experience in teaching classes so I know I am capable. I am well spoken and can lead very well. I also have a deep voice which gives me a presence.

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Question - 9:

What are your favorite machines for cardiovascular exercises?

Ans:

My personal favorites are the elliptical, stationery bike and treadmill. These three equipments are most commonly used and most enjoyed by clients in addition to being the most effective ones.

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Question - 10:

What do you like about your job in Fitness Trainer?

Ans:

Getting to meet new and interesting people and helping them to change their lives. Some of my clients are now friends and some have lost - and kept off - an incredible amount of weight. As everyone's getting bigger and less fit, it's important we all stay aware of our own bodies.

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Question - 11:

Tell me how did you get into your job as Fitness Trainer?

Ans:

I have always been a bit of a fanatic about fitness. I was a constant source of annoyance to my parents who became sick of taking me from one sporting event to the next: football, hockey, long distance running - you name it I was doing it.

But I fell into banking (retail not investment, don't hate me!) and decided when I turned 25 that it was NOT right for me. Some training and a qualification later, here I am!

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Question - 12:

What workouts do you enjoy?

Ans:

Be honest here -- but also keep in mind that the employer might be trying to understand what you're passionate about and what you'll be well-suited to do at the facility. If the employer is looking for someone to do extensive weight training workouts with clients, for example, it might be a good idea to tell him that you enjoy weight training.

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Question - 13:

Have you led an aerobic exercise group before?

Ans:

Yes I have taught aerobic classes for the past year and know what is involved in it.

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Question - 14:

Why do you want to work here as Fitness Trainer?

Ans:

With this question, employers want to know that you're invested in the company and that you've done your homework. A variation on this question is "what do you know about our company?"

As such, the way to answer this question is to tell the employer some of what you know about the company, and to list a few of the qualifications or skills you have that make you a good fit for the company's style and client base.

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Question - 15:

Do you have sales experience?

Ans:

Yes from my previous job I was a shop assistant and had to sell a lot of the products to customers.

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Question - 16:

Tell me about a difficult client you've had?

Ans:

With a question like this, the employer is using a "behavioral" interviewing technique. The idea is to gain a sense of how you'll behave in future situations, based on what you've done in the past. Naturally, you should avoid bad-mouthing the client. Talk about how you listened to her concerns, and outline the various strategies you



employed to meet her needs.

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Question - 17:

Explain to me a successful training session?

Ans:

A successful training session is that, when you and your client attain the goal of your training, that the client satisfy the outcome of the several session you've done. that the client see the result itself.

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Question - 18:

What's your sales record like?

Ans:

Gym and fitness center owners are often concerned with making sales and keeping clients coming back to continue making gym fees -- so they'll naturally be concerned about your sales skills and your ability to retain clients. To answer this question, talk about the methods you use to get clients excited about training, and how you work to keep them motivated.

[View All Answers](#)

Question - 19:

What would you do if a client is injured during a workout at the gym?

Ans:

Such situations rarely occur since I am very vigilant and guide the clients thoroughly as they use the gym equipment. However if it does happen, I am CPR certified and fully capable of providing first aid and calling an ambulance if needed.

[View All Answers](#)

Question - 20:

Explain what is your personal experience with fitness and working out?

Ans:

I have been training for a couple of years now and believe its part of my life. I think that other people need to do the same and make exercise part of their daily, weekly and monthly life. I used to attend classes and really enjoyed them they are the reason I became a trainer.

[View All Answers](#)

Question - 21:

How do you handle X medical issue?

Ans:

If the fitness center caters to people with special medical conditions or an aging population -- as many do -- you'll need to be well-versed in how to handle special circumstances. If you're aware of how to handle the medical condition the employer has mentioned, outline the steps you'd take to ensure the client can exercise safely, including using props or modifying the program, for example.

If you don't remember how to handle that particular situation, don't make something up. Tell the employer that you'd use your exercise science books and consult other trainers for guidance and that you'd be sure to gather all the necessary information before starting to train the client.

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Question - 22:

Explain are you proficient in the latest fitness equipment?

Ans:

Like everything else in technology, fitness accessories and exercises change all the time. Personal trainers always stay current with the latest developments and products, which you can demonstrate by mentioning recent developments in the area.

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Question - 23:

If you could pick a different career other than fitness training, which would you pick?

Ans:

It would still involve some kind of sport, I think sports science or maybe a golf instructor would be top of my list.

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Question - 24:

What do you feel about organic foods?

Ans:

I think organic is too good for better health and help in weight lose.

[View All Answers](#)

Question - 25:

How do you keep clients motivated?



Ans:

Every trainer employs tricks of the trade to keep clients coming back. Talk about how you've rewarded clients with prizes for attending a certain number of other sessions, how you send out email reminders, or any other technique that's been successful for you in the past.

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Question - 26:

What qualifications make you the best person for the job as Fitness Trainer?

Ans:

Once again, the research you did into the company will be a big help here. Identify a few of the key qualifications, skills or personality traits the employer is looking for, and mention any of them that you possess.

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Question - 27:

How do you handle the marketing side of a gym instructor's work?

Ans:

The marketing side is very important if you want more people to join your gym. Since financial benefit is one of the most important parts of running a gym, one has to develop clientele. I make sure that I keep gym information updated on social media websites and always have a one-on-one with my clients which usually ends up in word of mouth referrals.

[View All Answers](#)

Question - 28:

Do you want to be a personal trainer to meet girls or do you care about your clients?

Ans:

No I have a girlfriend of 10 years so I have no intention of meeting a new one but I believe that you can still be flirtatious with them as its all part of the industry. I care about my clients too much to lose them through being a pervert.

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Question - 29:

How do you keep your fitness knowledge up to date?

Ans:

I re read my notes, I invest in books that can broaden my knowledge, I will start attending seminars and conferences.

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Question - 30:

How will you find new clients?

Ans:

Once again, a sales question. The employer probably won't want to hear that you're going to wait for new clients to simply walk in the door. Talk instead about how you use social media, blogs, conferences and networking events, and business cards or promotional materials to bring in your own clients.

[View All Answers](#)

Question - 31:

What kind of person do you need to be to succeed as Fitness Trainer?

Ans:

Fit, obviously! But you also have to be a people person - I'm as much a therapist as a personal trainer!

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Question - 32:

What do you think is the relevance of a personal trainer in today's world?

Ans:

Our world is extremely aware of health and fitness. If before it was enough to do calisthenics in front of the TV, today more and more people realize the benefits of having a personal trainer who can really help you to reach the best of your abilities.

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Question - 33:

If a client complains about an injury suffered during your last training session, how do you handle it?

Ans:

Ask them where it hurts, did they stretch properly and do the exercise properly ask them to go to a doctor.

[View All Answers](#)

Question - 34:

What certifications do you have as Fitness Trainer?

Ans:



I believe that organic food should be pushed as much as possible because it's the best for nutrition but unfortunately not everyone has the funds to be able to afford them so I also think it's necessary to also know about other foods like chicken not everyone can afford chicken breasts so I would say to use chicken legs and so on because I think you need a broad understanding to fully interact with all clients.

[View All Answers](#)

Question - 35:

How do you develop rapport with clients?

Ans:

Establishing rapport with a client is paramount to keeping them coming back. To prepare for this important question, review the fitness trainer materials you used when you obtained certification, so the basic tenets of client rapport are fresh in your mind. That includes taking time to learn the client's likes and dislikes and maintaining good communication, reminds the American Council on Exercise.

[View All Answers](#)

Question - 36:

Why did you decide to become a Fitness Trainer?

Ans:

I believe I have the capabilities to change people's lives, I am well educated and have a bit of experience in the industry so I think that if given the chance I would thrive in your work environment.

[View All Answers](#)

Question - 37:

Do you do X style of training?

Ans:

Some fitness centers specialize in certain types of training, such as plyometrics, Pilates or TRX, for example. If you don't already know that style of training, show that you're willing to learn. As a certified trainer, you need to complete a certain number of continuing education credits to keep your credential. So if you don't already know that style of training the employer mentioned, tell her that you're going to pursue training for it during an upcoming continuing education seminar. If you already know that style of training, tell the employer about how you've used it and what successes you've had in using it with clients.

[View All Answers](#)

Question - 38:

How do you determine a person's workout potential to avoid pushing them to the limits?

Ans:

During the initial assessment and first few days I am usually able to judge the client's potential by observing their performance and do not push them further than that. One indication of client's threshold is that the client stops enjoying the workout after a certain time. That for me is the biggest pointer that the person has reached his or her limit.

[View All Answers](#)

Question - 39:

How do you draw the line when pushing your client to the limits during a workout?

Ans:

I draw the line when the training becomes un-enjoyable. I believe also you can tell when a client isn't able, they will become irritable and moody.

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Question - 40:

What education have you acquired in the art of sales?

Ans:

My previous job required me to be a good sales person so I believe I am quite good at selling a product or service. I am well spoken and calm and believe people warm to me quickly.

[View All Answers](#)

Question - 41:

Fitness Trainer Childhood dream or something you just fell into?

Ans:

Actually this is my second career and neither of my jobs lived up to my childhood dream of racing car driver (it took me three attempts to pass my driving test so obviously it wasn't meant to be!).

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Question - 42:

Explain what does a typical working day involve?

Ans:

There's no typical day but whatever happens I'm up early getting myself in the zone. I try to spend time with my clients, getting to know them a bit so a day can involve anything from exercising full out all day to sitting down and having a smoothie while looking at exercise plans.

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**Question - 43:**

Give me three essential exercises you would have any client do? Why are they in your top three?

Ans:

Squats: Squats are basics it work your entire body Dips: I will suggest someone to do dips because it involve the triceps and chest muscle Military Press: Military press dont only work the shoulders but it work your stabilizer thus making you way more strong.

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Question - 44:

Have you ever gone up to a stranger and started a conversation?

Ans:

Yes, I used to flier on a saturday night for an event and I had to talk to stranges all night about coming to the event.

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Question - 45:

Tell me what nutrition education have you received?

Ans:

I dealt with nutrition in the personal trainer course on a basic level so I have an idea on what healthy eating is.

[View All Answers](#)

Question - 46:

Explain what happens if a client injures him or herself during training?

Ans:

Responsible trainers know CPR (certified training), have first aid ready, and a quick means to call an ambulance.

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Question - 47:

How do you ensure that a fitness program is effective?

Ans:

Each fitness program is different for different clients and needs to be created specifically for the individual. Along with exercises comes nutrition so I inform my clients of what kind of food intake they should have and suggest supplements too. The amalgamation of all these make for an effective fitness program.

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Question - 48:

How do you keep an aerobics group motivated throughout the exercise?

Ans:

Music, enthusiasm, keep it fresh, positive feed back.

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Question - 49:

Explain what makes you a good personal trainer?

Ans:

Personal trainers combine sports and health expertise with the ability to analyze a person's potential, and they arrange programs for optimal results. They have charisma and developed communication skills; part of their job is to explain and motivate clients. They beam health, fitness, and joy of physical exercise.

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Question - 50:

Explain a summary of a training program you would set up for a client strictly looking for weigh-loss and toning?

Ans:

Endurance program would help lose weight and tone muscles higher reps less weight.

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Question - 51:

Tell me about an experience you've had dealing with an unhappy customer?

Ans:

I currently work for a property developer that develops property in the Middle East. We have several unhappy clients that call us angry about the treatment they have recieved by Dubai head office and I found if you just listen to people and genuinely attempt to understand what they are unhappy about and help them sort out the issue they will usually calm down.

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Question - 52:

Most people know how to use gym machinery so why is there so much focus on training them?



Ans:

It is true that people are intelligent enough to be able to use gym machinery. However, it is a gym instructor's duty to train them anyway so that they are also aware of the potential hazards of the machine that they are using.

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Question - 53:

This job is about getting clients, getting referrals, and making sales, how will you perform with this pressure?

Ans:

By coming with fun and wowing our clients and customers by raising up something new day by day to improve the interest or habit that will support to obtain more customer.

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Question - 54:

How important do you think that gym instructors are nowadays especially since there is so much information regarding health and fitness available on the Internet?

Ans:

Getting information off the Internet is one thing but actually applying it in a real time gym setting is not easy. Gym instructors help clients with the actual application of fitness programs so their importance in this setting is quite high.

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Question - 55:

If a customer comes to you seeking a weight loss, how do you develop a plan for them?

Ans:

I start with their initial assessments, set up a realistic targets based on the client's specific requirements, determine their BMI and then come up with a daily or weekly routine workout plan along with special dietary instructions for them to follow.

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Question - 56:

If you saw me at the gym, average build kind of guy, and you wanted to approach me to potentially sign me up for sessions, what would you say to me?

Ans:

I would initially just walk up to you and have a casual chat. I would then find out your goals and explain the benefits of training with me that will do my utmost to help you achieve the goals.

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Question - 57:

If any client walks in and says they want to start training, what evaluations would you begin doing to determine their appropriate fitness program?

Ans:

Ask what they wanna achieve and see if Im able to help them If yes then fill in the par q form and interview them.

[View All Answers](#)

Question - 58:

How important is nutrition to you? Will you strongly suggest your clients follow a better diet to improve their fitness goals?

Ans:

Nutrition is massively important as it is the key to recovery from fitness and increasing fitness. Yes I would suggest a better diet as if a client wants to lose weight they will need to eat less fatty foods and and carbs where as a body builder will need to increase their carbs and protein in their diet. Diets will vary on what the client wants to achieve.

[View All Answers](#)

Question - 59:

Do you have any knowledge regarding nutrition?

Ans:

I am a graduate in nutrition and understand the usefulness of various food groups and their interaction very well.

[View All Answers](#)

Question - 60:

Why should we hire you over someone else?

Ans:

I believe I can bring my enthusiasm to your business, I am a loyal and trustworthy employee and will give 100% of my dedication. I will work any hours needed and try not to be late.

[View All Answers](#)

Question - 61:

Name a few essential exercises suitable for almost anyone?



Ans:

Pushups, chin-ups and crunches work well for almost anyone.

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Question - 62:

What techniques would you employ to increase your clientele?

Ans:

I would definitely register on freelance websites, create a facebook/instagram page, word of mouth, flyers, approach gyms and hotels.

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Question - 63:

Do you have any relevant certifications?

Ans:

Yes I am an ACE and AFAA certified gym and fitness trainer.

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Question - 64:

What are your thoughts on a Vegan lifestyle? Do you support it or think it is overrated?

Ans:

Again if it helps the client achieve their goals and they are OK with it then I have no problems with it. It just means their training program needs to be altered to a lighter intensity due to lack of meat in the diet.

[View All Answers](#)

Question - 65:

Tell me about your qualifications as a gym instructor?

Ans:

I am an expert in designing and implementing personalized exercise and diet programs based on the clients' goals and targets. I also have profound ability to recruit and retain clients, provide fitness equipment handling instructions and assess clients on regular basis. I am an expert in directing rehabilitation exercises following a sports or other injury.

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Question - 66:

Do you feel that every person should have a gym membership?

Ans:

I don't believe every person should have a gym membership as there are thousands of other ways to train rather than in a gym but it is very helpful as the professionals work there and can help maximize the person abilities.

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Question - 67:

Tell me have you ever helped train a friend? How did that work out?

Ans:

Decide for target in fitness and improving my better experience.

[View All Answers](#)

Question - 68:

Name 5 cardiovascular exercises not on a machine?

Ans:

- * Jumping jacks
- * skipping rope
- * rowing
- * swimming
- * jogging.

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Question - 69:

Tell me do you have any fitness goals for yourself?

Ans:

Yes to improve my knowledge to become a personal trainer and to become fitter!

[View All Answers](#)

Question - 70:

What experiences do you have with customer service as Fitness Trainer?



Ans:

I used to work in a shop so I know how to deal with potential or rude customers. I am a happy person and always greet people with a smile, I also have good manners and am very approachable.

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