



**"Every client isn't
the same. You
meet them where
they are."**

Amy — Graduate



www.edinburghptacademy.com

40 Hours of Practical Training. Here's Why It Changes Everything.

Most people think the hard part of becoming a personal trainer is passing the exam. It isn't. The hard part is standing in front of your first real client — someone who's paid money, shown up, and is looking at you expecting answers — and knowing what to do. Not what the textbook says. What to actually do, right now, with this person, in this session. That's what 40 hours of practical training prepares you for. And it's why we built Edinburgh PT Academy the way we did.

You Need a Start Point. Most New PTs Don't Have One.

Before anything else, you need to understand exactly where your client is versus where they want to get to. That sounds obvious. It isn't. Your first clients will probably be people who trust you — friends, colleagues, people in your network giving you a shot. That's your opportunity. But only if you have a system from day one. Can you actually assess that person? Not tick a box on a form — properly assess them. What does their warm-up look like? What exercise goes first, and why? How do you coach them in a way that matches how they learn, not just how you were taught to teach? Most newly qualified PTs can't answer those questions. They have a certificate. That's not the same thing. I've seen it too many times. Someone completes an online course, gets their Level 3, and then freezes the first time a real client is standing in front of them. Not because they're not smart. Because they've never actually done it.

The System Lives in Your Hands, Not Your Head.

When you spend 40 hours on the floor with real clients, you build something no online portal can give you — a system that lives in your instincts, not just your notes. You learn to read a client's movement before they've told you their history. You learn what a warm-up should achieve, not just what it should look like. You learn why one exercise comes before another — not because a textbook says so, but because you've seen what happens when you get it wrong. At the Academy, we also teach kettlebell training properly. Not as an add-on. As a full coaching system. Because in my experience, if you can teach someone to move well with a kettlebell, you can teach them to move well with anything. None of this sticks without repetition. And repetition only comes from doing the actual job.

Timing Is a Skill. You Learn It By Getting It Wrong.

You've planned the perfect session. Every exercise mapped out, every set and rep accounted for, the hour timed to the minute. Then your client gets to the Romanian deadlift and they've never hinged in their life. So you coach it. You cue it. You demonstrate it. You're nearly there — and suddenly 20 minutes have gone and you've got three exercises left and 15 minutes to fit them in. That's not a planning problem. That's a reading problem. The hour isn't a script. It's a framework. Knowing when to slow down and coach something properly, and when to move on and come back to it — that's a skill. And like every real skill, you only learn it by getting it wrong a few times first. Those 40 hours give you those reps somewhere it doesn't cost you a client.

Something Nobody Tells You Before You Start.

Here's something that happens to almost every student over those 10 weeks — their own training gets better. When you're coaching joint actions, breaking down movement patterns, understanding why a muscle fires in a particular sequence — you stop going through the motions in your own sessions. You start actually understanding what you're doing and why. You become a better coach and a better athlete at the same time. I've watched it happen every cohort.

The People Around You Matter More Than You Think.

Ten weeks is a long time to spend with strangers. Except they don't stay strangers. When you're going through something challenging together — learning a new skill, building a new career, figuring out who you are in a completely different industry — the people around you become part of your network, your support, your standard. That doesn't happen on a home study course. You can't manufacture it. It just happens, over Saturdays, in a room full of people who took the same leap you did. The Edinburgh fitness community is smaller than people think, and the connections our students make stay with them long after they qualify.

This Is the Start of Your Personal Training Journey.

When you spend 40 hours learning the art of personal training — practising session design, troubleshooting clients, exploring coaching styles, working through assessment — you build something

no online course can give you. A proper foundation. One that means when you walk out with your qualification, you're not starting from zero. You're starting from experience. This isn't the finish line. It's the right start to your personal training journey. If that's what you're looking for — let's talk.