

Partner Training

By Heather Keep and Andrew Clark

Despite an increased awareness of the benefits of exercise, many individuals still struggle to get motivated to workout. As our work lives get busier, and the desire to spend more time with friends and family grows, the time and will power to head to the gym by yourself is often hard to find. The upside is that you are not struggling alone. Ask your friends about their motivation to exercise and their ability to balance the demands of life with the desire to exercise and you will hear the same story. It is time to help each other while realizing the excellent benefits of partner training.

An exercise partner can serve as a natural source of motivation. Knowing someone is depending on you to be an integral part of his or her workout encourages your adherence. Partners can create a fun and supportive environment while serving as motivation to lift more weight, complete more repetitions, or push through that last interval. The friendly competition created by exercising with your partner, family member, or colleague will add intensity to your workouts that is hard to find when working out on your own.

Partner or small group training is also easier on the wallet. Teaming up with a partner will help knock down some of the financial barriers present with one-on-one private instruction. Partner training is a great strategy to start working with a trainer or to be able to afford an extra session each week.

Some worry that partner training will result in less individual attention and lower intensity workouts. The reality is that an educated and experienced trainer is able to deliver equally high levels of correction, motivation and education during a tandem session as they can working individually with a client. Paying attention to feedback provided to your partner is a great way to reinforce your technique and continue your fitness education.

Trainers love leading partner training and small group sessions. The energy created by the interaction of a group helps to fuel the workout to new levels. Having two or more clients in the same session expands the trainers exercise toolbox. Great exercise combinations can be prescribed when two clients challenge each other. These exercises impose beneficial new demands on the clients' bodies, break up the repetition of exercises completed during individual sessions while pushing both partners to reach a new level of fitness.

The Mixx training team has been working hard to fine tune our delivery of partner sessions. With over 100 years of combined training experience we have shared some great exercises and group training techniques. Ask your trainer about bringing a friend in to your next workout or call the Mixx Guest Service team about booking a first appointment for you and a friend. You will be glad you did