

PERSONAL TRAINING COMPARISON

Which Option is Best for You?

	In-Home	In-Gym	Virtual
1-on-1 Personal Attention	✓	✓	✓
Equipment Provided	✓	✓	✗
Full Privacy	✓	✗	✓
Travel Required (for you)	✗	✓	✗
Flexible Scheduling	✓	✗	✓
Requires Internet/Tech	✗	✗	✓
Most Budget-Friendly	✗	✗	✓
Gym Equipment Access	✗	✓	✗
Personalized Programming	✓	✓	✓
Trainer Physically Present	✓	✓	✗
Best for Parents/Homebodies	✓	✗	✓