

5 PROVEN WAYS PERSONAL TRAINERS AND GROUP FITNESS INSTRUCTORS CAN INCREASE REVENUE WITHOUT BREAKING A SWEAT IN THE GYM!



ONLINE TRAINING

Personal Trainers and Group Fitness Instructors tend to spend a lot of hours working at gyms or fitness studios. As you probably know, it often involves early mornings, late nights and long days which can be physically demanding and lead to burn out. When you personal train or teach group fitness classes, you trade your time for dollars. Unfortunately there is only a certain amount of money you can make a day since there are only a set number of hours you can work. Online training adds an additional revenue to your day without having to work more hours in the gym. By training clients online and working with systems that already exist you will be able to work less hours and make more money.

AFFILIATE MARKETNG

Affiliate marketing is the method of earning a commission by promoting other people's (or company's) products. You would find a product you believe in, advertise it to others, and earn a commission for every sale that you make. The best thing about affiliate marketing is that you don't have to use any of your time to make the products. All you have to do is promote and sell them to your trusted audience, and you get the commission. Be sure that the product you are promoting is a product or company you trust. It is also important to try the product yourself so that you can tell others about your experience. Affiliates will usually pay around 50% -75% of the total price of the product as commission.



NETWORK MARKETING

Joining a network marketing company can add additional passive revenue to your income. Network Marketing companies allow you to run your own business while also taking advantage of their training, support and encouragement. Each company has a different compensation plan, but most work by financially benefiting from building a team that works under you. If you are contemplating joining a network marketing company, be sure that they are selling something that you believe in and use yourself. Also, be sure that you do your research about the company and talk to people involved in the business. Examples of MLM or Network Marketing companies are Rodan and Fields, Isogenix, Juice Plus and Beach Body.

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SELLING PHYSICAL PRODUCTS

As a personal trainer or fitness instructor, there are profitable products that you can sell to help you make more money. For example; supplements, protein powders, gym equipment or work out merchandise. Many companies will allow you to buy wholesale from them. Then you can charge the retail price for these items which enables you to make a profit.

I would advise to only become involved with a company you believe in their products and can stand behind their quality.

ONLINE PRODUCTS

In addition to expanding your business to include online training you can also add online products. For example, an eBook about "The Best Exercises to a Great Lower Body" or your "Favorite Clean Eating Recipes."

You can post those products on your website or social media pages, connect it to an online payment tool, like PayPal, and when someone buys the product they get the it emailed to them. Having an online product can help you to earn money while you sleep! It just takes some work to design a product, market it, set up the payment method and a plan on how your client will receive the product. Once that's complete you will be making some extra money before you know it!

Hi I'm Sabrina Sarabella!

Over the last 18 years of working in the fitness and wellness field, I have had the pleasure of working and managing thousands of personal trainers and group fitness instructors. As a full-time trainer and fitness instructor myself, I was working long and physically exhausting days and needed to find additional sources of revenue that didn't involve me working more hours in the gym. This was when I started to bring my business and products online and saw my revenue increase substantially, and now I coach other fit pros on how to do the same. You too can start using your expertise to be a fitness trainer that generates more money without breaking a sweat.

ould you like to learn how?

Contact me now info@SabrinaSarabella.com to set up and free consultation to see how you can build your

To your success!

Sabrina

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