

Why Army trainers are the best Outdoor Group trainers in the world.

In my experience Army trainers are the best Outdoor group training trainers in the world for the following reasons.

- 1) Experience. Its common knowledge that from the moment a person joins the Army they are exposed to an intense Physical training program. This intense physical training is programmed and delivered by Army Physical training instructors and every single session is **group training**.

In the Army there are **no personal trainers** and no session is conducted on an individual. This is because the Army doesn't have the man power to supply personal training to its soldiers, therefore all the training is conducted as a group.

Even in the Army there are differing levels of fitness and ability so despite what many people believe Army trainers learn quickly how to apply training techniques to train everyone to their own ability.

The majority of the training is also conducted outdoors with minimal equipment so an Army trainer needs to know a vast number of exercises and training sessions that can be conducted outdoors with minimal equipment to keep their soldiers interested.

Comparison – a personal trainer is predominantly experienced with training 1 person in a gym full of equipment.

- 2) Knowledge and Training. To be eligible to even attempt the Army physical training instructors selection course you must first have at least 2 years experience as a soldier (therefore you've been participating in Army physical Training sessions 5 days per week for 2 years), be one of fittest members of your unit that consists of hundreds of physically fit soldiers, and have shown a keen interest in exercise, training and sports. That's just the selection course.

The selection course runs for 1 month and consists of learning to conduct a wide variety of training sessions, exercise anatomy and physiology and arsenal of personal skills such as public speaking, soldier presentations etc. On average 15% of the course is approved to attempt the Army Physical Trainers course while the other 85% percent become unit trainers to work under the guidance and tutelage of Army Physical Training Instructors.

The actual Army physical Training instructors course runs for 6 months where you will on average participate or conduct 3-4 training sessions per day.

Comparison – You can become a fully qualified personal trainer through correspondence in less than 3 months without stepping into an actual gym. Boot camp trainer courses are almost non-existent and usually run for 1 week.