



HOW TO MAKE IT AS
A FITNESS COACH:

A PATH FOR CAREER PROGRESSION

DPEX

If you want to become an engineer, you know it's going to take four years of college or university and thousands of dollars. Same if it's a doctor you're striving to be, although in that case, it's closer to seven years.

Why would becoming a professional fitness coach, who consistently earns a professional wage, be any different?

Perhaps it's because there's less of a structured educational path to get there.

Regardless of the reason, long-time coaches with full-time careers in the industry, explain that it takes not months, but years to get to a place where you're a full-time, professional career coach who earns a six-figure salary.

And here's the thing: Becoming a **professional coach** isn't like going to the gym, where if you just show up consistently, you're probably going to see some kind of gains.

As a coach, if you don't have the right systems in place, if you don't have a plan, it's going to be super hard to progress up the ladder and eventually become a professional.

In other words, it takes a calculated, well-thought-out game plan to become a professional coach.

In light of this, throughout this guide we'll share what to expect if your goal is to become a full-time, career coach or even grow into owning a gym, leading other coaches, or scaling businesses.

You'll also hear from a lineup of coaches who span all stages of the coaching career trajectory, with tips from each on how you can grow at each stage.

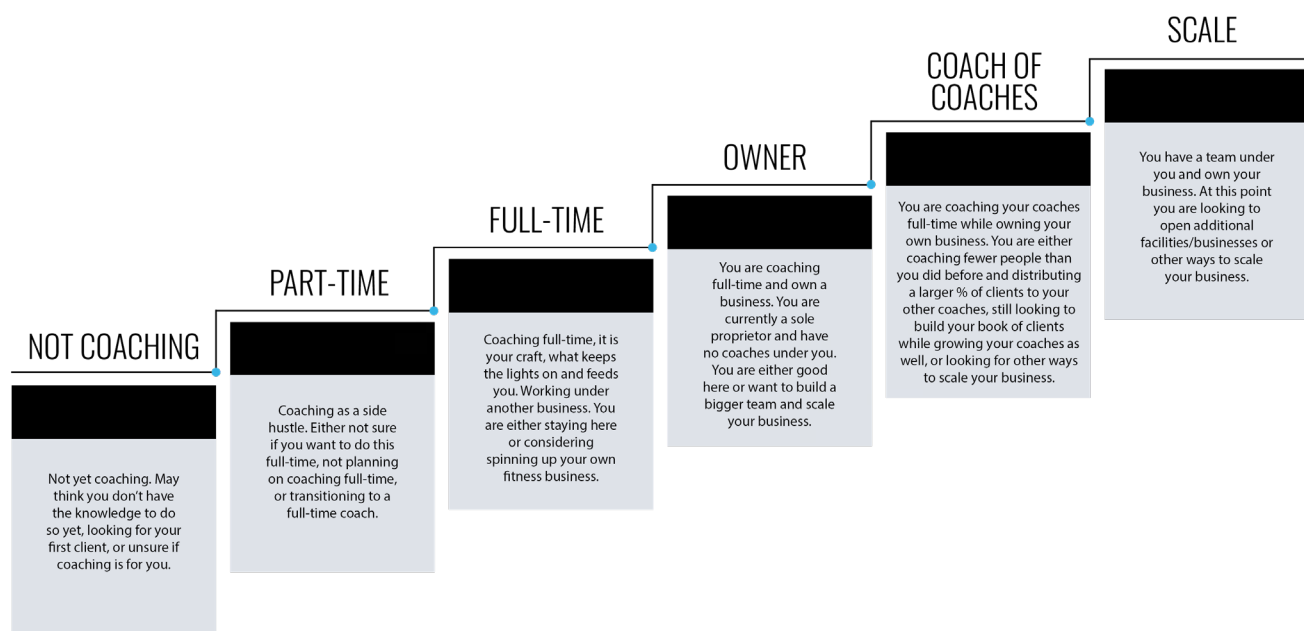
Whether you're trying to get your first clients, manage your time to avoid burnout, or want to evolve as a leader, read on to find out how real coaches are making it happen.

But first, if you've been a fitness coach for any length of time, you know it's a balancing act—trying to develop your coaching skills, manage your clients, and grow your business all at the same time.

As a professional coach there are three personas that you'll have to embody:

- **The Artist:** This is the actual coaching part, where the coach develops relationships with and creates training programs, nutrition programs, and lifestyle programs for their clients. This is the side of coaching most aspiring coaches are drawn to, and while it's important, it's only one of the three important personas that will allow for long-term success in the industry.
- **The Manager:** This is all about managing either your time, your book of clients, or maybe eventually other coaches.
- **The Entrepreneur:** This is the business side, which requires you to make smart decisions that allow you to actually make a living as a coach or owner. It's essentially the visionary side of the equation.

Just like it's impossible to maximize all energy systems at one time, you have to know how to prioritize different areas of your coaching growth too. Rather than trying to do it all at once, throughout this guide we'll explain which persona you should be prioritizing to continue your coaching journey.



STAGE 1: NOT COACHING... YET

This is the first stage of the process. You might have taken some education, or are taking some courses, and have some knowledge, but you don't have actual experience as a coach yet, and you don't yet have clients to work with.

This stage can feel risky because you're contemplating and tempted to go all in.

But the advice of OPEX CEO and [Coaching Certificate Program](#) mentor Carl Hardwick is that “you don't have to go all-in” right away. In fact, sometimes it's best not to. It's important first to figure out if this is what you actually want to do and it's OK to “dip your toes in the water.”

Michael Bann, a full-time remote OPEX coach, who has been coaching for 15 years, mimicked this sentiment. Although he has 120 clients now, each paying \$355 a month, he didn't just jump right into it full-time.

While it can be tempting to just up and leave your current job and take a risk and start coaching, Michael advises, “People need to recognize you don't become a professional coach in two years,” let alone in a matter of months.

Predominant persona: A learning artist—the most important thing you can do is improve your knowledge to set yourself up for future success.

Potential income during Stage 1: During this phase—the learning, educational phase—your income is likely to be \$0. So don't go into debt in the process and make sure you have a source of income from another role.

GRADUATING SCHOOL WITH A PLAN TO KICKSTART HIS COACHING CAREER

Justin Stahl, Coach at CrossFit South Bend

Justin Stahl knew exactly what he wanted to be when he graduated: a fitness coach. Even while he was still finishing school, Justin was actively taking steps to ensure he could hit the ground running in his future career as a coach.



College wasn't giving him the education or hands-on experience he knew he needed to work with clients, so he was proactive and practiced training friends and family, started shadowing and then interning at a local gym, and enrolled in [CCP](#).

By putting himself out there he was able to gain his first clients: *These were clients who I used to coach in-person at the gym I first worked at. After working together for some time, when I moved, I was able to continue the coach-client relationship remotely with a handful of them.*

Fast forward a couple of years and Justin now works at CrossFit South Bend and coaches 14 individual design clients, a mix of in-person and remote. He also supplements his income as a full-time coach with 7 hours per week of group classes and additional gym responsibilities such as maintenance, inventory, and marketing.

His 1 year career goals?

40 total clients by the end of January 2024.

In less than three years Justin has gone from dreaming about a career in fitness to living it. And his advice to other coaches just starting their careers is as follows:

First, learn the principles, then stick to them and be patient! Give them time to play out and for you to see them showing signs of being true.

I think of this as "outsourcing" your lack of experience by leaning on the principles taught from those who DO have a long track-record of experience

Second, don't make coaching about you. Focus on understanding the client in front of you, what they are presenting with, and what they need. This also helps relieve you from the anxiety of "how am I being perceived" because you're not focusing on that.

And for any new coach who is struggling with imposter syndrome or worried about knowing enough, Justin shared that same fear. But with a little experience, he's been able to shake those feelings, and encourages other coaches to do the same.

There will always be more to learn, people smarter than you, etc. But most clients need the basics and a coach who can show them how this connects to what they want from fitness.

STAGE 2: PART-TIME COACH

The next stage, if you're looking to be an individual design coach, is to move into a part-time coaching role. You have to start out as a part-time coach because it will simply take some time for you to build your client book to a place where it's financially viable to make it a full-time gig.

This is the "side hustle" stage, and while your intention might be to turn it into a full-time career, it's important to be patient.

Predominant persona: Artist, and to a lesser degree a manager of your time and clients, especially considering you're probably juggling multiple jobs while gaining practical experience with a few clients.

- You don't really need to be an entrepreneur at this stage, as your main focus is on gaining coaching experience and learning about different people, and continually challenging yourself to become a better artist more capable of helping your clients.

Potential income in Stage 2: \$10,000 to \$20,000 annual income. Again, a good part-time job, but don't quit your day job until you're financially able to.

EXPERIENCE IS EVERYTHING WHEN TRANSITIONING FROM CLIENT TO COACH

Monica Lewis, Coach at OPEX Morgantown

For new coach and recent CCP graduate Monica Lewis, getting her first coaching clients went hand-in-hand with finishing her CCP case studies.

Now working at OPEX Morgantown, an independently-owned gym that operates using the OPEX systems (where she was first a client herself), Monica quickly realized that one of the most important things you can do as a new coach is to back up your education with experience.

While completing her studies, she was able to gain six of her own individual design clients, each of whom pay an average of \$300 a month.

My #1 piece of advice for part-time coaches is to complete CCP, coach as many floor hours as you can, connect with clients and build relationships based on mutual trust and positive regard.

Her goal is to eventually grow into a full-time coach as she becomes more efficient with her programming, and she'll support this goal by staying consistent with actively coaching floor sessions, adding remote clients, and getting great results from the clients she is currently working with.



STAGE 3: FULL-TIME COACH

This happens when you have enough clients to move to transition to being a full-time coach, and this is when things get real because now your livelihood is at stake. Now you have to make a living doing this.

Predominant persona: Artist, and to a lesser degree both manager and entrepreneur.

- Generally during this time, you're likely working full-time under someone else at a facility, so there isn't massive pressure to be an entrepreneur (and in many cases, the gym might be feeding you, clients, to some degree), so the predominant persona is the artist, because if you're not serving your clients, they likely won't stick around and your paycheck will take a hit.
- Secondly, the manager persona, as now you're figuring out how to manage a growing book of clients, as well as your own time. At this stage, it's essential to improve your efficiency so you can either grow your client number or potentially make the move to owning a coaching business.

Potential revenue in Stage 3: \$40,000 to \$250,000.

Why is the range so broad?

- A less experienced coach might have 20 clients paying \$250 a month, while a more experienced coach like Miachel Bann is able to juggle 120 clients at \$355 a month, so depending on your rates and the number of clients you have, your income can range from being close to the poverty line to doing very well.

EMBRACING THE FLEXIBILITY OF FULL-TIME REMOTE COACHING

Dominic Scalzo, Remote Coach at Functional Bodybuilding

After 7 years working full-time coaching group classes and private clients in-person, Dominic Scalzo was ready for the next stage of his coaching career. Working with his own remote coach, he decided to go all-in on coaching online, inspired by the flexibility and lifestyle benefits of the model. It didn't happen overnight—it took 2 years of dabbling with remote coaching to take the full plunge—but he hasn't looked back since.

One key lesson from Dominic's story: 95% of those that achieve success coaching online started in-person, gaining invaluable experience working face-to-face with clients.

So what's a day-in-the-life of a remote coach like?



A lot of computer time! I have adapted an on-and-off week-style of programming and consults this past year. I have a week where I use 2 hour chunks for programming 2-3x/day throughout the week (Mon-Fri). Then on the alternate week, I check-in with clients more regularly and have 4-5 hours/day of consults (Tues-Fri) with no programming needed to do.

I also use my off-programming week to design and be creative with new ideas I want to use, possibly study or learning times, and include some play to experiment with my ideas. All in all 6-8 hrs/day on a computer, either programming or chatting with clients/new clients.

Long story short? If you want to be a full-time remote coach, be prepared to spend a lot of time on your laptop. You've also got to be a master communicator to build and maintain relationships in the online space.

There are also some great perks of the job. For Dominic, flexibility is at the top of the list.

I have a son who keeps me busy, and I LOVE to train. So I can work play time with him, gym time for me, and maneuver around those pretty smoothly.

If you want to make a career as a remote coach, then Dominic's number one piece of advice is to be adaptable. Allowing for things to go a bit off schedule and having flexibility built in has been the best thing he has done to allow for growth in client load.

One more piece of advice?

OPEX has been the driver behind everything. Ever since 2013 when I started the CCP journey, I have wanted to do nothing but be a part of the OPEX way. That course changed my outlook upon fitness as a whole and really allowed me to embrace it truly throughout my life.

[CLICK HERE](#) TO LEARN MORE ABOUT HOW CCP CAN HELP YOU BUILD A CAREER AS A PROFESSIONAL FITNESS COACH.

FROM GROUP INSTRUCTOR TO FULLY SUSTAINABLE CAREER AS A FITNESS PROFESSIONAL

Kyle Lampi, Individual Design Coach

Kyle Lampi also had a background coaching group classes, but made the shift to the **OPEX individual design model** to give his career longevity.



I would say the whole process from day one of CCP to having a fully sustainable career as a fitness professional was 1.5 to 2 years.

We hear from a lot of coaches who've started their journey in group fitness, but want to continue to evolve and adapt with more personalized coaching. Kyle's advice for making this transition?

The biggest key to helping me go full time as a coach was slowly exchanging coaching group classes to taking on more clients over time. Almost acting like a bridge where I could stay active in the fitness world but with a clear exit plan.

The systems I learned in CCP played a huge part in my ability and confidence to continue to take on more and more clients without being such a huge workload to balance. I believe that really helped me deliver a great service that ultimately turned into more clients by referrals from existing clients.

A day in the life of a full-time coach:

My average day consists of waking up at 5am, going through my morning routine of water, coffee and journaling/planning the day, exercising, breakfast, seeing personal clients, programming or client comments, lunch and after lunch walks, and admin work like creating newsletters, recording podcasts, and social media content.

After that it's dinner and winding down with the dog and girlfriend to start it all over again.

I tell people this all the time but I often forget that I have a job. I actually get in my own head that "I should get a job" but then I remember that I do have one, I just love it so much. Having full autonomy over my day feels illegal and I love it.

Sounds pretty good, right? And things are only getting better for Kyle, who is looking to open his own small studio space to take on more personal clients (making the leap to our next stage, gym owner).

He shared these important words for coaches who are trying to grow their businesses to the point where they can support a lifestyle that includes vacations, families, home ownership and security:

The biggest piece of advice I would give to coaches trying to go from part time to full time is to not worry about the status of full time vs part time.

Do what you need to coach. If it's having a side job that supports your life and allows you to coach then so be it.

When it's time to work on your coaching though, go all in. Give all of yourself to it. Learn as much as you can to be the best coach possible and you'll be successful. Just like building your back squat—intentions, consistency, grit, and time are what will get you there.

THE TIMELINE TO \$100,000 AS A FULL-TIME COACH

For many coaches, Stage 3 is where they want to stop, as they're not interested in becoming a gym owner.

So how long does it take to reach a six-figure income if this is where you want to stay?

The answer: It depends, but probably longer than you want, and likely a good five years plus. Like all good things, it takes time.

What Coaches Say:

Alex Samaniego, a 15-year **OPEX CCP** coach based in Mexico, was a part-time coach for six years before turning into a full-time coach, and after that it took him another five years to be “making a competitive wage that allowed me to project into the future with things like retirement investments, buying a house and even having a plan on how to pay for my future kid's college tuition,” he explained. “So basically five to 10 years to grow into a professional coach.”

He added: “But I would say that once you get there, you'll have plenty of room to continue growing.”

Remote coach Michael Bann agrees: It generally takes a minimum of five years to “break-in” and develop “a niche” and become a professional coach, and possibly more if you're going the online, remote coaching route, he said.

Finally, OPEX CEO Carl Hardwick explains that it really is a mixed bag and depends on the coach. He has seen coaches do it in one year, while others take 10 years to be earning the wage required to live the lifestyle they want.

“Personally, my transition into full-time coaching was a measured one, and because of that, it was fairly seamless and I was earning more than I was in my pretty well-paying, full-time military career within two years,” he said.

STAGE 4: GYM OWNER

While many coaches don't ever want to reach this stage, many do, as it seems like a more financially lucrative option for them.

That being said, many new small gym owners open up and are surprised that they suddenly have two full-time jobs and don't make more money (in the short term) than they did as a full-time coach because now they have two full-time jobs, one as a coach and the other as a manager/gym owner.

Predominant persona: Equal parts artist and entrepreneur, and to a slightly lesser degree a manager (of your own time and client book).

Potential revenue in Stage 4: As a sole proprietor owner without other coaches working for you, chances are your revenue is similar to that of the full-time coach: between \$40,000 and \$250,000.

THE STRONGER THE BUSINESS, THE BIGGER THE IMPACT

Jesse O'Brien, Owner of Central Athlete and Central Health

When Jesse O'Brien first became a gym owner he felt conflicted. He got into coaching because he loved helping people get healthier, but now he was spending 50% of his time on the backend of the business, managing marketing, financials, logistics and branding.



Over time, he's come to accept this changing role, adjusting his perspective to realize that the stronger the business, the more clients he is able to serve.

Jesse does caution that coaches considering the transition to gym owner need to be prepared for this reality, with the possibility of spending more time behind a computer and less time interacting with people.

But stepping into the owner role has provided Jesse with the opportunity to follow through on his vision, creating a business that is aligned with helping people reach their health and fitness objectives.

I decided to open a gym because I became disillusioned with group classes and personal training. Not having a consultative aspect of this business model felt like I was handcuffed in helping people.

Today, Jesse operates Central Athlete using the OPEX individual design model, something he credits with:

Giving me the belief that I have the ingredients to be very successful.

In the years to come, Jesse will continue to step back from the practitioner/coach role so he can continue to grow his vision for Central Athlete and Central Health. He's currently on the lookout for 3 more coaches to join his team to support his expanding community of clients.

I love being in control of my destiny. I am doing exactly what I want to do with the people I want to do it with, in the manner I want to do it. This leaves me feeling fulfilled and like I haven't worked a day in my life.

"CREATING A CULTURE THAT I BELIEVE IN WHOLEHEARTEDLY"

Kayla Smith, Owner of OPEX Morgantown

Kayla Smith began coaching in the group setting but found it hard to give the individualized coaching approach she could see that people needed. This sparked her desire to go out on her own and break the mold.



I wanted to run a gym in a different way than I had seen by putting relationships first and also be valued for my time.

I value my independence and time, so being able to run a gym the way I intended was the best decision for me. So, that's what I did! OPEX and the accelerator program helped someone who didn't know the first thing about owning a business open up and be successful pretty smoothly.

Opening her individual design gym, OPEX Morgantown, provided Kayla with a space to live out her values of health and fitness and share them with her team of clients and coaches. As well as fulfilling her own career goals, she gets to pay it forward.

I love that I also can provide a sense of purpose and financial security for my coaches. In our pay structure, the coaches have the freedom to grow or maintain as they wish. There is essentially no cap to their gain, all while giving them a schedule that doesn't promote burnout.

This doesn't mean that gym ownership is the easy path! As a coach first, dealing with numbers, metrics, accounting, retention, payroll, spreadsheets, and marketing isn't always fun or fulfilling, but it is an essential.

Despite this, her advice to coaches who want to open a gym is simple:

Do it. You can use your passion for helping others to fuel you to understand how to operate a business.

OPEX is also a great route because of the support from other owners and people at HQ. It is nice to know there is a team supporting me and that they want us owners to succeed.

Opening a gym has provided Kayla with the financial security, freedom of schedule, and a deeper sense of purpose. Her next growth goals for the year are to reach 100 clients (she's currently at 87) and hire another floor coach.

STAGE 5: COACH OF COACHES

In this stage, you're an owner and have coaches underneath you, and you might move away from coaching actual clients. Your priorities now are to develop coaches to help clients.

Predominant persona: Manager and mentor of coaches, and secondly an entrepreneur, while the artist role declines.

Potential revenue in Stage 5: \$80,000 to \$500,000

RUNNING A REMOTE COACHING TEAM & PAYING IT FORWARD

Sam Smith, Owner of OPEX RC

Over his 10 years in the industry, Sam has grown from making \$40,000 a year juggling group classes and personal clients to earning six figures as the owner of OPEX Remote Coaching.

Today, Sam still coaches clients, while also leading the OPEX RC head coach team and running the [OPEX Associate Remote Coach program](#). His favorite thing about working with other coaches? Being able to support and challenge colleagues.



I'm very fortunate to be in a position where coaches want to dialogue and learn from me. As such, I place a big responsibility on myself to provide the necessary support and challenge they need to upgrade their coaching practice and more importantly, upgrade their belief in themselves as a coach.

How did he make the ascension from new coach to coach of coaches in less than a decade?

It began with an eagerness to learn. I wanted to learn and develop an understanding of how to coach well such that it could become a career.

Through that period of time, I think my willingness to put in the work before I saw the reward and a continual eagerness to grow brought opportunities to me that otherwise wouldn't have been made available.

In other words, good things come to those who put in the work. Sam also mentioned that compartmentalizing his time has been key to making the leap from coach to leading a team.

If you had only 3 responsibilities before, now you have 6. So your schedule and time needs more attention to detail to ensure you can provide the same level of value as when you had less on your plate.

One last piece of advice from Sam to any coach who wants to lead others: become great at paying attention and listening to others.

Over the next year, Sam's growth goals are set on the [OPEX Associate Remote Coach program](#), where graduates of [OPEX CCP](#) can receive ongoing mentorship and join the OPEX RC network of remote coaches.

We want to create the most competent network of remote and in-person coaches in the fitness industry.

LEADING A TEAM OF COACHES AND BUILDING A STRONG GYM CULTURE

Iñaki Roza, Owner of OPEX Condesa & OPEX Business Mentor

After rapid growth of his gym from 0 to 60 clients, Iñaki Roza quickly realized he couldn't do it all on his own. He made it his mission to be not only an employer, but also a mentor, to all of the coaches that work at



his gym, which has created a united team that works together to deliver a consistently high level of service and gym culture.

Today, Iñaki's main roles are as leader of his gym and OPEX business mentor to other gym owners. He describes his responsibility to his coaches as:

Helping my coaches see into their futures and guiding them to surmount the obstacles they face in order to get to that future they see.

My goal is helping my coaches achieve autonomy in their coaching career. To stand back and only intervene when they ask for my advice or guidance.

Not only has assuming the role of coach of coaches led to a great culture at OPEX Condesa, which today has 150 clients, but also to career fulfillment for Iñaki.

The number of lives I can impact multiplies by the number of coaches I coach - not only their clients but themselves and their families. Our footprint on the health, fitness and vitality of our community is larger and stronger. My life is more meaningful now as a coach of coaches.

As any leader knows, managing people and personalities isn't without challenges. The tough times have provided Iñaki with two key lessons he wants all coach of coaches to take onboard:

1. Recognize where a coach sits on their own coaching journey and guide them from there, without fast tracking or hampering their growth.
2. Learn and accept that each coach will have their individual style, and that a leader's job is to let that shine rather than creating clone-coaches of themselves.

I shine when they shine.

For any coach who is looking to develop into a mentorship or leadership role, Iñaki shared the following advice:

Start with establishing solid business practices and systems. Without solid processes it doesn't work.

Don't expect to be able to teach and lead others if you're not practicing what you preach.

STAGE 6: SCALE

This coach has likely been an owner and a coach of coaches for quite a while and generally doesn't have clients of their own anymore, and the goal here is to either open more facilities, spin up additional businesses, or scale the businesses you have in a different way. The sky's the limit here.

Predominant persona: This stage is almost entirely about being an entrepreneur.

Potential revenue in Stage 6: \$150,000 to \$1 million-plus

SCALING TO 3 GYMS AND BUILDING A BRAND WITH A BIGGER IMPACT

Hamid Yaryura, Owner of OPEX Bodyignition: Punta Cana, Santo Domingo - Arroyo Hondo and Santo Domingo - Bella Vista



The most successful fitness businesses aren't just gyms—they're a lifestyle. It's leaning into their brand 100% that has helped Hamid and his business partners dominate the market in the Dominican Republic.

Today they have 3 premium facilities, but the Bodyignition team came from humble beginnings and are the perfect example of progressing through the stages of coaching laid out in this guide.

With little initial capital, Bodyignition began as a remote coaching service with very low overhead. Hamid and his partners also offered personal training, renting space in a training facility and paying a commission fee of their revenue to the owner.

Three years later, the brand had grown in popularity, and with almost 75 clients between PT and remote coaching, Hamid and his partners seized an opportunity to open a physical location.

Momentum took us there...

...Plus hard work, consistency and patience, which ultimately gave them the financial security to open their first facility without too much risk.

The first location was at full capacity in no time, and with a big base of prospects in Santo Domingo, they opened up facility number two. Along the way, Bodyignition joined the OPEX Gyms program to further refine their systems and model. The Punta Cana location came last—a CrossFit gym that they transitioned to the OPEX model.

Running a fitness empire sounds like a dream, but it's certainly not without challenges.

The biggest challenge is to replicate the culture, providing the same experience to every client across the board, and having all the coaching staff operating up to the standards.

But this challenge of delivering a consistent brand across facilities is also Hamid's greatest opportunity and success.

Owning multiple locations makes the brand stronger and allows having a greater impact in our community. Not only on our clients, but also on our coaching staff and employees.

Pursuing scale isn't the first step for a coach beginning their career, but for gym owners who are ready to increase their impact, Hamid offers the following advice:

Don't rush it! Build a great foundation. Having systems in place and good practices on every aspect of the business is key.

A great entrepreneur has to be passionate, focused, with leadership skills, empathy and enough self awareness to recognise his blind spots.

The Bodyignition team isn't done scaling yet, either. As well as growth from the standpoint of number of clients and facilities, Hamid is also committed to innovating. As the visionaries, he and his partners will be pushing the envelope on their education, seeking other ways to provide value to their community to continue to differentiate themselves.

This growth mindset and a willingness to invest in himself and his team have been crucial to scale sustainably. Hamid has consistently sought out education and mentorship, which is what connected him with OPEX in the first place.

OPEX was a big game changer for us.

Everybody is winning.

Our clients are winning, having great programs and a holistic support to reach their goals.

Our coaching staff is winning, having a career that provides fulfillment and a good living to support them and their families.

We win, having great systems in place to scale and grow without going nuts!

WHICH STAGE ARE YOU IN?

Once you've identified the most important persona for your coaching stage, as well as where you might be weak, you can begin to focus your education on where it matters most. This focus can help remove the overwhelm and allow you to gain direction in your career development.

The bottom line is: Becoming a professional coach, either a full-time coach or a gym owner, takes time. Lots of time. But why would you expect anything less? It's par for the course for becoming a professional in anything.

If there's one thing we're confident about, it's that there is a huge amount of potential to make a good living as a coach while providing excellent value to your clients. The proof is in the experiences of [OPEX Coaching Certificate Program \(CCP\)](#) graduates using the OPEX Method of individual design coaching.

"OPEX is the reason that I am a full time coach. The one thing that OPEX does better than any other coaching platform is distilling the knowledge down to what really matters to affect the person in front of you. The concepts are easy to grasp and the continued education and support is second to none." - Kyle Lampi

"I can rightfully say that most of what I've learned on the path to becoming a coach of coaches I did from OPEX" - Iñaki Roza

"OPEX gave me the tools I needed to embark on my coaching journey. The tools have been invaluable and I wouldn't be where I am today if it wasn't for OPEX." - Sam Smith

Wherever you currently sit in your experience and income, CCP provides a path for growth and the systems and network you need to get there, something which is unfortunately lacking in many other fitness models.

SHARE IN THE SUCCESS OF OUR NETWORK OF PROFESSIONAL COACHES.
TAKE YOUR NEXT STEP TOWARDS CAREER GROWTH BY JOINING CCP.

START NOW