



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

फिजिकल / फिटनेस ट्रेनर

A Physical or Fitness Trainer is the professional who helps everyday people become fit, strong and healthy through exercise, correct technique and a healthy lifestyle. They teach workouts in the gym, demonstrate the right form...



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/fitness-trainer

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर
Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A Physical or Fitness Trainer is the professional who helps everyday people become fit, strong and healthy through exercise, correct technique and a healthy lifestyle. They teach workouts in the gym, demonstrate the right form for weight training, cardio, stretching and functional exercise, design fitness programmes around each person's goals (weight loss, muscle gain, strength or endurance) and advise on injury prevention and good nutrition. A trainer can work in a gym, as a personal trainer, as an online coach, or in corporate wellness. In India's fast-growing health and fitness industry, it is an energetic, people-facing and steadily expanding career.

2 At a glance

Minimum qualification	Class 12 pass + Fitness Trainer certification (NSQF Level 4)
Course duration	About 3–6 months (certificate); degree (B.P.Ed) 3–4 years
Starting salary	₹15,000–25,000/month
Work mode	Job at gym/studio, personal training or online coaching

3 What you need

INTERESTS

- Strong interest in fitness, exercise and a healthy lifestyle
- Curiosity about the body, muscles and the science of nutrition
- Enjoy motivating people and working closely with them

ABILITIES

- Being physically fit, energetic and disciplined oneself
- Good communication and the ability to encourage people

- Patience, safety-awareness and attention to detail

KEY SKILLS

- Teaching correct exercise technique and form (weights, cardio, functional)
- Understanding of anatomy, physiology and basic nutrition
- Tracking client progress and keeping them motivated
- Social media/online coaching and personal branding know-how
- Designing workouts and fitness programmes around a person's goals
- Injury prevention, warm-up, stretching and first aid/CPR
- Safe use and upkeep of fitness equipment

4 How to get there

- 1 Complete Class 12; build a habit of sport, exercise and healthy living.
- 2 Take a Fitness Trainer / Personal Trainer certification from a recognised institute (K11 Academy, Gold's Gym Academy etc.) mapped to SPEFL-SC/NSDC NSQF Level 4.
- 3 To go further, add an international certification like ACE or ACSM, or pursue a physical education degree such as B.P.Ed/M.P.Ed.
- 4 Learn CPR/first aid and gain hands-on experience as an assistant/junior trainer in a gym.
- 5 With experience, start personal training, build a specialism (weight loss, strength, yoga) and grow a client base.
- 6 Later progress to senior trainer, gym manager or launch your own studio/online coaching brand.

MAIN EXAMS

- SPEFL-SC/NSDC Fitness Trainer (SPF/Q1102, NSQF Level 4) assessment and certification
- Certified Personal Trainer exam of academies like K11 / Gold's Gym
- International certification exams – ACE / ACSM (optional, advanced)

5 Where to study

GOVERNMENT INSTITUTES

- राष्ट्रीय कौशल विकास निगम (NSDC) – फिटनेस ट्रेनर — All-India network (<https://nsdcindia.org/fitness-trainer>)
- स्पोर्ट्स, फिज़िकल एजुकेशन, फिटनेस एंड लेज़र स्किल्स काउंसिल (SPEFL-SC) — All-India / New Delhi (<https://sportsskills.in/>)
- लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा संस्थान (LNIPE) – B.P.Ed — Gwalior, Madhya Pradesh (<https://www.lnipe.edu.in/ug-bped.php>)
- स्किल इंडिया डिजिटल हब (RSLDC/PMKVY केंद्र खोजें) — Online / centres across Rajasthan (<https://www.skillindiadigital.gov.in/>)

PRIVATE INSTITUTES

- K11 School of Fitness Sciences (Keleven) — Jaipur, Rajasthan (also Mumbai, Delhi, Pune etc.) (<https://www.keleven.com/certified-personal-trainer/>)
- Gold's Gym Academy – सर्टिफाइड पर्सनल ट्रेनर कोर्स — Pan-India (<https://www.goldsgym.in/>)
- Classic Fitness Academy – सर्टिफाइड पर्सनल ट्रेनर — Mumbai / online (<https://www.classicfitnessgroup.com/academy/certifications/certified-personal-trainer>)

ONLINE

- American Council on Exercise (ACE) – पर्सनल ट्रेनर सर्टिफिकेशन — Online (international) (<https://www.acefitness.org/>)
- American College of Sports Medicine (ACSM) — Online (international) (<https://www.acsm.org/>)

FEES

Under SPEFL-SC/NSDC and RSLDC/PMKVY schemes the Fitness Trainer course is often free or very low-cost. At private academies a Certified Personal Trainer course costs roughly ₹40,000–70,000, and advanced/diploma courses can reach around ₹1 lakh. A government B.P.Ed degree costs comparatively little.

SCHOLARSHIPS

- राष्ट्रीय छात्रवृत्ति पोर्टल (NSP) (<https://scholarships.gov.in>)
- Buddy4Study – वोकेशनल/स्किल स्कॉलरशिप (<https://www.buddy4study.com/scholarships>)
- SJE राजस्थान छात्रवृत्ति (<https://sje.rajasthan.gov.in/>)

6 What the work is like

WHERE YOU WORK

Gyms and fitness chains (Cult.fit, Gold's Gym, Anytime Fitness), boutique fitness studios, hotel and resort spa-gyms, corporate wellness centres, personal/home training and online coaching platforms.

WORK CULTURE

Work is often in shifts — early mornings and evenings are busiest as that is when most clients come. It is energetic, face-to-face work where staying fit yourself is essential. Personal training and online coaching offer flexible hours and extra earning opportunities.

WHO HIRES

- Gyms and fitness chains – Cult.fit, Gold's Gym, Anytime Fitness, Snap Fitness
- Spa-gyms and wellness departments of hotels, resorts and clubs
- Online fitness and coaching platforms (e.g. FITTR) and fitness apps
- Boutique fitness and CrossFit/HIIT studios and yoga-Pilates studios
- Corporate wellness companies and in-house fitness centres of firms
- Self-employment – personal/home trainer, own studio or online coaching brand

DEMAND (2026)

Awareness of health and fitness is rising fast in India — new gyms, fitness chains and boutique studios are opening city by city, and companies like Cult.fit and online platforms like FITTR have taken fitness into homes. With lifestyle diseases increasing and healthy living trending among the young, demand for skilled, certified fitness trainers keeps growing, making this a thriving career.

7 Career growth

- 1 Junior / Assistant Fitness Trainer
- 2 Certified Fitness Trainer / Personal Trainer (PT)
- 3 Senior Trainer / Specialist Coach (strength, weight loss etc.)
- 4 Gym Manager / Fitness Head
- 5 Own studio, fitness business or online coaching brand

EARNINGS

Starting	₹15,000–25,000/माह
Mid level	₹30,000–50,000/माह
Senior level	₹60,000–1,00,000+/माह

Entry-level gym trainers typically earn ₹15,000–25,000/month; with experience and personal-training commissions this rises to ₹30,000–50,000/month. Senior and internationally certified (ACE/ACSM) trainers and freelance personal trainers with 6–8 regular clients can earn ₹1 lakh+/month. Metro rates run 20–40% above tier-2 cities. (Sources: Indeed, PayScale, fitness-industry reports 2026)

8 The good parts · The challenges

The good parts

- An energetic, people-facing career in a fast-growing health-fitness industry
- Good extra income and flexibility through personal training and online coaching
- The satisfaction of staying fit while improving others' lives

The challenges

- Early-morning and late-evening shifts mean irregular hours
- Starting pay is limited; higher earnings depend on building clients
- Physically demanding work and pressure to stay fit yourself

9 Real-life journeys

Jitendra Chouksey

Founder, FITTR (online fitness & coaching platform)

A software engineer by profession, Jitendra Chouksey turned his passion for fitness into a career. While giving people free, science-backed fitness advice he began with a WhatsApp group of five, grew it into a Facebook community, and in 2016 founded FITTR with an investment of just ₹90,000. Today FITTR is a large online fitness platform with 200+ certified trainers, lakhs of members, and actor Suniel Shetty among its investors. His story shows how fitness knowledge, certification and a drive to help people can turn a humble start into a big career.

YourStory · <https://yourstory.com/2020/06/turning-point-fitness-startup-fitr-jitendra-chouksey-suniel-shetty>

Bhavna Harchandrai

Fitness instructor and founder, #FitnessFundas studio (Mumbai)

A school sports captain and throwball player, Bhavna Harchandrai began her career in corporate roles (Trade Wings, Maersk) but followed her passion in 1998 and moved fully into fitness. She earned an international certification from ACE (American Council on Exercise) and built her own #FitnessFundas studio in Mumbai, where she trains people around their individual needs. Credited with bringing new workouts like Boot Camp and Trampoline Fitness to India and authoring the book '5 Fingers of Fitness', Bhavna is an inspiration for women who want to build their own fitness career and brand through certification and hard work.

Women Who Win · <https://www.womenwhowin100.com/blog/womens-health-5-fingers-of-fitness>

10 Sources & further reading

1. Rajasthan Career Guidance – Physical/Fitness Trainer — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%ab%e0%a4%bf%e0%a4%9c%e0%a4%bf%e0%a4%95%e0%a4%b2-%e0%a4%ab%e0%a4%bf%e0%a4%9f%e0%a4%a8%e0%a5%87%e0%a4%b8-%e0%a4%9f%e0%a5%8d%e0%a4%b0%e0%a5%87%e0%a4%a8%e0%a4%b0-physical-fitness-trainer/>
2. NSDC – Fitness Trainer (SPF/Q1102, NSQF Level 4) — <https://nsdcindia.org/fitness-trainer>
3. SPEFL-SC – Sports, Fitness & Leisure Skills Council — <https://sportsskills.in/>
4. LNIPE Gwalior – B.P.Ed physical education degree — <https://www.lnipe.edu.in/ug-bped.php>
5. Indeed – Personal Trainer Salary (India) — <https://in.indeed.com/career/personal-trainer/salaries>



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