

Criteria for LGAC PTP Trainers

Tier 1 Trainers:

- Are currently educated to completely understand the protocols and philosophy of TempusClinic
Discovery Phase, Foundation Formula, 6 opening questions, passing of Exam 1
- Current CPR / AED Certification
- Training experience of one (1) year
- Qualified to deliver orientations
- Qualified to teach and deliver Circuit Training Classes
- Currently certified and maintains one (1) of these nationally recognized Personal Trainer Certifications:
 - National Academy of Sports Medicine (NASM)*
 - International Sports Science Association (ISSA)*
 - American Council of Exercise (ACE)*
 - American College of Sports Medicine (ACSM)*
 - Aerobics & Fitness Association of America (AFAA)*
 - National Strength & Conditioning Association (NSCA)*

Tier 2 Trainers:

- Must meet all qualifications of Tier 1 trainers
- Completion of six (6) months of training under TempusClinic protocols and philosophy
Cue squats, deadlifts, rowing, seated row, wide lat pulls, back extensions
- Training experience minimum of three (3) to five (5) years

Tier 3 Trainers:

- Must meet all qualifications of Tier 1 and Tier 2 trainers
- Knowledgeable and delivers training following TempusClinic protocols and philosophy. Minimum of one (1) year of training under these protocols.
Cue Olympic lifting, Cue and monitor AT 2K row for HR variability, passing of practical exam in these protocols.
- Training experience minimum of five (5) years
- Qualified and delivers Fitness Assessments for LGAC PTP