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2nd Block/English

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Congrats, newly minted trainer! Now you've entered the world of training the future of athletes, and I would like to make sure that you know exactly what to do. The most important part, sit there and watch and do absolutely nothing.

There is no reason for you to do anything because they are the one trying to become a good athlete, not you. If you want a head start at becoming a new trainer, buy a subscription to my online course. To become a great trainer, follow these steps:

- **Sit back and relax.** There is no need to do anything as you're not the one trying to become an athlete.
- **Be as distracting as possible.** Sit there and talk about whatever that will distract them. For example, talk about how stressed you are about the government.
- **Pretend you know what to do.** Pretend you know what good exercises to have your athlete do, when you really don't. Act like you know what the exercise does to benefit you.
- **Don't repeat anything.** Do not repeat yourself. If they ask what you said, don't tell them another time, say "Well, your bad you didn't hear me the first time."

- **Be unprepared.** Come into each session not knowing what to do, thinking everything last minute, and not really giving any thought about anything.

See, its not that hard! If you follow these simple steps, you are on your way at becoming a new trainer. So buy a subscription to my online training course and get a head start at it all!