



FREQUENTLY ASKED QUESTIONS (FAQ's)

GURU MANN FITNESS ACADEMY, CALIFORNIA.

1. What classes does GMFA offer?

GMFA offers two classes, Personal Trainer (PT) and Nutrition Consultant (NC).

2. What is the difference between PT and NC?

PT: Personal Trainer works with a client to plan exercise regimen based on their individual goals.

NC: Nutrition Consultant designs diet plan to support individual diet goals.

3. What is the eligibility to join GMFA?

You must be 18 and over. There is no bachelor degree required.

4. How long is the class?

The class is four weeks long. Every month we will be having a new batch.

5. What is the time of the class?

PT class is on Saturday and Sunday from 8am to 9am IST.

NC class is on Saturday from 10pm to 11pm IST.

6. How can I attend the class?

The class is online. You must have a computer to attend the class.

7. What is the fee of these classes?

CPT class is \$99.00

CNC class is \$99.00

BOTH classes are \$195.00

8. How do I pay?

You can make payment through Debit/Credit card or PayPal account.

9. How would these classes benefit me?

You will be a part of Mission India Fit and join Guru Mann's team. You are learning from the expert Guru Mann and can help spread the knowledge. You will learn how to make workout plans based on individual goals and how to customize plans for weight loss/muscle building. The only way to offset the scary rise in obesity and health care spending is preventative care, and there's no better preventative care than exercise and nutrition. Don't let others with no certification tell you how to workout and what to eat. Make it



your life, educate yourself, help others with the right knowledge and make a difference!

10. How will these classes help me with my career?

Consider these classes a kick-start to your career. Both classes will cover what it takes to improve performance in general. This knowledge can later be applied to any sport requiring an improvement in physical fitness. This certification does not allow you to go and train others in the gym but you can definitely help yourself, your family and friends with their diet plans and work out routine.

11. How is GMFA class is different from others?

GMFA is very different. Other classes provide you with notes to self study and take the exam. There is no LIVE instructor while with GMFA Guru Mann will be teaching the class. When you register for a class, recognize that Guru Mann who is an expert has taken the time to consider the methodology, gather all appropriate research, and combine it together into a system for learning. Simply going through the process of learning the system, and being able to pass a test proving as much, gives you a foothold in an industry that is suffering from information overload.

12. How do I take the exam?

After finishing the class, there will be a link sent to your email and you will take the exam online.

13. What is the minimum percentage to clear the test?

The minimum percentage to pass the exam is 70%.

14. What if I fail the test?

If you fail the test first time, you will have two more chances to pass the exam.

15. What if I fail three times?

If you fail the exam three times, you will have to retake the class. There will be no additional charge to retake the class.

16. After passing my exam how soon can I get the certification?

You will get the certification in your email within a week. Also, your name will be listed on Guru Mann's website and other GMFA social platforms.



Please Note: GMFA certifications do not have any national or international affiliation.

17. What is Guru Mann's vision behind GMFA certification?

Guru Mann is a one-man show now. His vision is to see Indians get healthy. He is growing and he needs people to join his team and spread the knowledge. Let's make that everyone's mission. Let's all work together and make India healthy. He is sharing information about personal training and nutrition because he wants people to have the right knowledge about exercises and nutrition to make healthy choices.

Sample Certifications of CPT & CNC

