

Hybrid Training, is that a thing?

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What is hybrid training? Better yet, what is training?? There's a colorful history with this topic and as a veteran fitness pro it makes sense to take a closer look.

- Original fitness origins 1890 to 1940's and was mostly considered a refuge for the strange or social outcasts.
- 1970's ushered an era where fitness become more mainstream, and training was featured at gyms.
- 1980's and mainstream home gym working out really began to take off. There was an odd competition between gyms and home workout beginning.

Fast forward to the 2020's and things can appear about as confusing as ever! Gyms with a particular theme or culture, where everyone is welcome, or some are loudly UNWELCOME. Programs that are super simple, ultra-complex, or destined to fail while promoting amazing potential.

What's just ONE more method? Well, as complex as the word 'hybrid' may sound its as simple as one could get. Here's the idea:

What does a gym have that home equipment doesn't? Heavy weights and apparatus.

What does the home have that the gym doesn't? Versatility.

What do fit pros have that makes them invaluable? Oversight and expertise.

What does digital information have? Access 24/7.

What happens when you mix it all together? Hybrid training. Basically, the potential for a culmination of all the training sciences ever had to offer...if you choose the best system! How does one know their system is best? Simple: it designed for the INDIVIDUAL!

But if there are a million programs out there and they are all promoting different things, promising the same awesome results aren't they just as good? Let's take a peek:

Average fitness level of persons in 1950 (on a scale of 1 to 10 based on weight, performance norms, blood profile, heart health etc.) Roughly a 7.5. Not bad.

Average fitness level of persons in 2020. 5.5 showing signs of decline, especially amount the younger cohort.

Average revenue of cookie cutter fitness-based programs in the 1950's: not much data to determine. One million, as an estimation.

Average revenue of cookie cutter fitness-based programs in the 2020's: more than 23 billion annually.

I'm no mathematician, but the numbers speak for themselves. So how does one know the program they may be following is 'hybrid' and based on their needs? Did someone ask you what your needs were before they pitched a product or program?