



RAMP & Trainers: Your Questions Answered

Q1: Will RAMP replace me as a trainer?

No. RAMP replaces guesswork, not trainers. It provides a safe, precise, science-based program design — but clients still need you to coach, motivate, correct form, and keep them accountable. Trainers become RAMP-Certified Metabolic Technicians (RCMTs) — a higher-level professional role.

Q2: If RAMP designs the workouts, what's my role?

Think of RAMP as your assistant coach. It builds the program, and you bring it to life:

- Teaching proper technique
- Monitoring progress
- Providing encouragement & accountability
- Adjusting for unique client needs

Q3: Will clients stop paying for training if they use RAMP?

Actually, the opposite happens. With measurable progress reports every 8 weeks, clients see clear results and trust you more. This increases client retention, referrals, and willingness to invest in ongoing coaching.

Q4: How will RAMP affect my income?

Trainers certified in RAMP often earn more because:

- Clubs can pay bonuses or revenue shares for each RAMP client you manage.
- Retention improves — fewer cancellations = more stable income.
- You gain status as a specialist (RCMT), opening opportunities for higher rates.

Q5: What about continuing education?

RAMP certification will be positioned to qualify for NASM/ACE/ISSA continuing education credits (CECs). That means RAMP not only helps your clients — it advances your career.

Q6: Why should I embrace RAMP?

- It elevates your professional credibility.
- It makes you the link between fitness and healthcare outcomes.
- It gives you hard data to prove your impact.
- It future-proofs your career in a fitness industry moving toward outcomes-based solutions.

Key Message:

RAMP isn't taking away your role — it's making you indispensable.