

4 tips for cueing your clients

Getting the best movement out of our clients is one of the most important and challenging tasks we have as fitness professionals.

Running the best Pilates classes in your area means very little if you can't communicate effectively with your clients. Your ability to communicate and cue safe and effective movement is paramount.

1. Focus on one thing at a time

Prioritise what's most important at the time. Often, correcting just that one thing can lead to the client understanding and attaining the skill or exercise.

2. Use short and “sticky” cues

Keep each cue short, easy to understand and that has meaning to the client. Sticky cues are usually visualisations that the client can easily remember.

3. Avoid too much technique talk

Most detailed technical terms are meaningless to our clients. Using A&P terms is likely to be a foreign language to most clients and will only cause confusion. Use language they understand!

4. Shut up!

Too much verbal coaching can overwhelm and confuse our clients, leading to some big-time frustration. You can use rest periods to add extra points, but keep it short, to the point, and understandable. Don't over-teach, and remember that it's OK for clients not to be perfect! Clients need time to (safely) explore movements – to understand how things feel and to make things work for them as individuals.