



BPF

BPF VIRTUAL · KEN HOYER

ONLINE COACHING VS PERSONAL TRAINING

An honest comparison of both — what each delivers, who each is right for,
and how to decide which one will actually get you to your goal.

FREE GUIDE — INSTANT PDF DOWNLOAD

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THE HONEST COMPARISON

WHAT YOU ACTUALLY GET

Both work. The question is which one fits your life, goal, and budget — and which friction points each one removes or creates.

FACTOR	IN-PERSON TRAINING	ONLINE COACHING
Cost	\$80-150 per session	\$100-400 per month
Commute	Required	None
Schedule	Fixed trainer slots	Your calendar
Form feedback	Real-time in person	Real-time via video
Accountability	High — you show up or cancel	High — check-ins + data
Program personalization	High	High
Continuity when traveling	Breaks	Continues anywhere
Monthly cost for 3x/week	\$800-1,400+	\$150-400

IN-PERSON IS BETTER IF...

You've never trained before and need hands-on form correction. You have complex medical conditions requiring real-time physical oversight. You perform better with someone physically present. Cost is not a concern.

ONLINE IS BETTER IF...

You want 3+ sessions per week without a \$1,000+/month bill. Your schedule is unpredictable. You travel frequently. You're comfortable with video calls. You value flexibility over physical proximity.

TRY KEN'S FREE AI APP FIRST

Get a feel for the coaching style before committing. Ask any training or nutrition question — free, instant, no signup.

[TRY FREE APP](#)

THE DEEPER QUESTION

WHAT ACTUALLY DRIVES RESULTS?

The format of coaching (in-person vs online) matters far less than these five factors. Get these right and either model produces results.

1 COACH QUALITY AND EXPERIENCE

A great online coach beats a mediocre in-person trainer every time. The credential, experience, and feedback quality of the coach matters infinitely more than whether they're standing next to you or on a screen.

2 CONSISTENCY OF EXECUTION

Three sessions per week for 12 weeks beats six sessions per week for four weeks. Whatever format you can actually sustain is the right format. Online coaching removes commute friction — which is the number one reason people cancel sessions.

3 ACCOUNTABILITY STRUCTURE

Results come from doing the work, not watching a coach. The best coaching formats include check-ins, tracking, and adjustments — not just showing up and being told what to do.

4 NUTRITION INTEGRATION

Training without nutrition coaching is leaving 50% of the result on the table. Most in-person trainers don't include nutrition work. Look for coaching programs that address both.

5 FEEDBACK LOOP SPEED

The faster a coach can identify and correct what's not working, the faster you progress. Online coaching with weekly check-ins and video review can be faster than monthly in-person check-ins.

The best coach is the one you actually work with consistently for more than 90 days. Format is secondary to fit, quality, and follow-through.

SEE WHAT BPF VIRTUAL COACHING INCLUDES

App-based coaching, live sessions, daily check-ins, and nutrition guidance. No gym commute required.

[SEE COACHING](#)

MAKING THE DECISION

WHICH IS RIGHT FOR YOU?

Answer these five questions honestly. The pattern in your answers will tell you which model fits your life.

DECISION FRAMEWORK

1. HOW OFTEN CAN YOU REALISTICALLY TRAVEL TO A GYM AT A FIXED TIME?

If your schedule is unpredictable, travel frequent, or commute significant — online coaching removes the friction that causes most people to quit.

2. WHAT IS YOUR REALISTIC MONTHLY BUDGET?

In-person 3x/week: \$700-1,400+/month. Online 3x/week: \$150-400/month. If budget is a constraint, online coaching allows higher frequency at a fraction of the cost.

3. HAVE YOU EVER TRAINED BEFORE?

Complete beginners benefit from in-person form coaching early on. If you have basic training experience, online video review is fully adequate for technique feedback.

4. DO YOU NEED NUTRITION COACHING AS WELL?

Most in-person trainers focus only on the workout. Online coaching programs that integrate nutrition coaching deliver significantly better body composition results.

5. HAVE YOU TRIED IN-PERSON BEFORE AND QUIT?

Commute, schedule conflicts, and cost are the top three reasons people stop in-person training. If these were factors, online coaching directly solves all three.

BOOK A FREE CONSULTATION WITH KEN

Not sure which format is right for you? Ken will be straight with you about what makes sense for your goal.

[APPLY NOW](#)

WHAT'S NEXT

KEEP GOING. GET HELP.

This guide gives you the framework. Coaching gives you a plan built around your exact situation — with weekly adjustments and coach feedback every step of the way.

MORE FREE GUIDES

Download all of Ken's free resources at bpfvirtual.org/free-guide.html — new guides added monthly across fat loss, muscle building, and coaching topics.

WORK WITH KEN DIRECTLY

App-based coaching, live 1-on-1 sessions, and full programs. Apply for BPF Virtual Coaching at bpfvirtual.org/coaching-hub.html.

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Disclaimer: This guide is educational and not medical advice. Consult your physician before beginning a new exercise or nutrition program. Individual results vary.