

The ACSM Worldwide Survey of Fitness Trends provides valuable insights into the evolving fitness industry by identifying trends that guide decision-making for fitness professionals, based on global consumer and expert input. Strength-based group programs are still popular in gyms and boutique studios due to their numerous mental and physical advantages. Wearable technology has reclaimed the top rank in the 2024 ACSM Worldwide Survey of Fitness Trends, maintaining its domination from 2016 (with the exception of 2018 and 2021). A sample from the ACSM study reveals that 22% of participants worked as personal trainers either full- or part-time, which represents a sizeable percentage of the workforce in the fitness sector. who has earned an approved certification that attests to their minimal level of ability and knowledge in order to properly prescribe and oversee exercise programs within the parameters of their scope of practice is known as a Certified Exercise expert. Despite this downturn, strength training—which emphasizes safe lifting practices with tools like barbells and dumbbells—remains a vital component of fitness. Trend category: A categorization scheme used to classify possible fitness trends in the ACSM survey. These categories, which are used to arrange the 45 potential trends taken into consideration in the 2024 poll, were created to aid participants in understanding specific trend items by offering context. Continuing education is another need for certified professionals to keep their qualifications current, guaranteeing current procedures and lowering risks for both companies and clients. According to the 2024 ACSM trends survey, traditional strength training has significantly declined, falling from its peak ranks of #2 in 2023 and #4 in 2022 to #17.