

PICP vs. Personal Training

Which Certification Is Right For Me?

We often get asked, “Which certification I should take, PICP or Personal Training?” Here is the breakdown of each of our two strength certifications to find the best fit for you!

	PICP	Personal Training
Who should take this course?	Strength Coaches and Personal Trainers in a small/studio facility	Personal Trainers in commercial gyms
Are there any prerequisites to take the course?	No, but to achieve Levels 3-5 there are athlete requirements	No
What is the level of information?	Beginner/Intermediate	Beginner
How can I take the course?	Online & Limited in-person courses	Online Only
What exams required?	Section Quizzes and submitting a final assessment video	1 online exam
Equipment Requirements For Exams?	Yes, see equipment list	None
How long is the course?	3.5-4 hrs of video content (not including manuals)	1.25 hrs of video content (not including manual)

PICP Level 1 Required Equipment List

These are pieces of equipment that are part of the PICP Level 1 Structural Balance Assessment. To film your final exam, the equipment needed is:

- Power Rack
- Incline Bench Press Rack
- Flat Bench Press Rack
- Dips Bar
- Seated Scott/Preacher Bench
- Chin-up Station
- Adjustable Bench
- Barbell
- EZ-bar
- Swiss Ball
- Dumbbell

PICP Level 2 Required Equipment List

These are pieces of equipment that are part of the PICP Level 2 Structural Balance Assessment. To film your final exam, the equipment needed is:

- Wobble Board
- Rocker board
- Sit Fit
- Adjustable Step
- Massage/Therapy Table

If you have questions about the required equipment, please email info@poliquingroup.com.