



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY



Top 10 **Worldwide Fitness** **Trends for 2021**



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1. Online Training
2. Wearable Technology
3. Body Weight Training
4. Outdoor Activities
5. HIIT
6. Virtual Training
7. Exercise is Medicine
8. Strength Training
9. Active Aging
10. Personal Training



Exercise
is Medicine





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RESPONDENT'S OCCUPATION

20% Personal Trainers

20% Academics (Professors, Teachers, Graduate & Undergraduate Students)

14% Owners, Managers, & Directors

13% Exercise Physiologists

5% Coaches

4% Group Exercise Leaders

SCW 2021 Trends

1. Active Aging
2. Functional Training
3. Nutrition
4. Strength Training
5. Core Training
6. HIIT
7. Personal Training
8. Exercise Science
9. Yoga
10. Group Cardio





RESPONDENT'S OCCUPATION

(Select All Categories That Apply)

74% Group Exercise Instructors

60% Personal Trainers

27% Owners, Managers, Director



Fitness Trends



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SCW

LIVE STREAM

MANIA

MANIA[®]
FITNESS PRO CONVENTION

ACSM

SCW Virtual
Events 2021

SCW Live
Events Today

1. Online Training
2. Wearable Tech
3. Bodyweight Training
4. Outdoor Activities
5. HIIT
6. Virtual Training
7. Exercise Is Medicine
8. Strength Training
9. Active Aging
10. Personal Training

1. Active Aging
2. Functional Training
3. Nutrition
4. Strength Training
5. Core Training
6. HIIT
7. Personal Training
8. Exercise Science
9. Yoga
10. Group Cardio

1. Functional Training
2. Active Aging
3. Strength Training
4. Core Training
5. Exercise Science
6. Group Cardio
7. Nutrition
8. HIIT
9. Personal Training
10. New Choreography

