

Mistakes Interview

Interview Data:

Interviewer's Name: **Jim Edwards**

Publication / Project Name: **I Gotta Tell You Podcast**

Expert's Name: **Stew Smith**

Target Audience (SINGULAR): **Fitness Tester**

Target Audience (PLURAL): **Fitness Testers**

Keyword Theme of the interview: **Fitness Testing**

Topic of the Interview: **getting ready for your next PT test, especially if you're not prepared right now**

Payoff Of The Interview (For Target Audience): **how to ace your next fitness test**

Call To Action of the Interview: **Stew Smith's New Book "Military, Police, FireFighter PT Test Survival Guide" available at StewSmith.com**

Introduction

Hi everyone and welcome to the **I Gotta Tell You Podcast**

(Today's interview is sponsored by **Stew Smith's New Book "Military, Police, FireFighter PT Test Survival Guide" available at StewSmith.com**. Helping **Fitness Testers** with **how to ace your next fitness test** and other important **Fitness Testing** topics. Check out **Stew Smith's New Book "Military, Police, FireFighter PT Test Survival Guide" available at StewSmith.com** for more.)

The title of today's Interview is: **"3 Fitness Testing Mistakes Every Fitness Tester Needs to AVOID!"**

My name is **Jim Edwards** and today I'm talking with **Fitness Testing** Expert **Stew Smith** about the **Fitness Testing** mistakes that stop most **Fitness Testers** dead in their tracks, really before they even get started.

Welcome **Stew Smith!**

Stew Smith is a well-known expert on the subject of **Fitness Testing** and has graciously consented to this interview to share extensive knowledge and experience to help us avoid the most damaging mistakes in this area so every **Fitness Tester** can understand **how to ace your next fitness test**.

Stew Smith, thank you again for joining us on this live interview.

Let's just jump right.

Questions

My first set of questions is about your background and experience in the field of **Fitness Testing** so the **Fitness Testers** in our audience can understand who you are, where you're coming from, and how you can relate to where they are right now.

Then we'll jump into those specific mistakes when it comes to **Fitness Testing** so our audience can understand how to avoid the trouble that stops so many people.

1. Could you tell us a little about yourself in terms of background, education and experience in **Fitness Testing**?
 - a. When did you get started?
 - b. Have you had any formal training or education in **Fitness Testing** or has it all been on the job training?
 - c. What kinds of things have you done / experiences have you had in **Fitness Testing** that are relevant to our audience of **Fitness Testers** and our topic of **getting ready for your next PT test, especially if you're not prepared right now?**
 - d. Were you an overnight success, or did you have to work for it?

Well, it's obvious you're the right expert for us when it comes to **Fitness Testing!**

Let's dive into those mistakes and get them cleared up for people.

2. What's the #1 mistake **Fitness Testers** make in the area of **Fitness Testing**?

SERIOUS!

sports as kid

USNA 1987

NSCA - CSCS SEAL

*Fed up to
Get specific?*

- a. Can you clarify a bit on what exactly is this mistake? *Practice*
 - b. Why is it a mistake and why do people make it?
 - c. What are the consequences of this mistake?
 - d. What should they do instead? *Do in right order*
 - e. What should they do if they've already made this mistake? How do you fix it?
 - f. How do we prevent making this mistake in the future?
 - g. Any tools or insight to help people get results faster, easier, more efficiently? *15 Days*
3. What's the mistake that most often causes **Fitness Testers** to fail completely with **Fitness Testing**?
- a. What is the mistake exactly? *PACE Exercise!*
 - b. Why is it a mistake and why do people make it? *Practice!*
 - c. What are the consequences of this mistake?
 - d. What should they do instead?
 - e. What should they do if they've already made this mistake? How do you fix it?
 - f. How do we prevent making this mistake in the future?
 - g. Any tools or insight to help people get results faster, easier, more efficiently?
4. What is a **Fitness Testing** mistake **Fitness Testers** make where they think, in their minds, they're actually doing the right thing and don't realize it's a mistake?
- a. Can you elaborate a little bit more about what exactly is the mistake here?
 - b. Why is it a mistake and why do people make it?
 - c. What are the consequences of this mistake?
 - d. What should they do instead?
 - e. What should they do if they've already made this mistake? How do you fix it?
 - f. How do we prevent making this mistake in the future?
 - g. Any tools or insight to help people get results faster, easier, more efficiently?
- Lifting weights will make you better*
- Cal = endurance weight = strength*
5. Are there any other major mistakes about **Fitness Testing** we need to let our **Fitness Testers** know about?
6. Is there anything I haven't asked you about the **Fitness Testing** mistakes many **Fitness Testers** make that you'd like to share?
- a. Maybe about mindset, preparation, hidden opportunities? *Practice test as written!*
- Do it Again!*

Conclusion

Thank you **Stew Smith** for a great interview. I'm sure all the **Fitness Testers** in our audience have a MUCH clearer understanding of the mistakes with **Fitness Testing** – and how to avoid them! So thank you very much for sharing your expertise and experiences so graciously.

Can you tell us a little bit more about **Stew Smith's New Book "Military, Police, FireFighter PT Test Survival Guide" available at StewSmith.com**? Specifically how does it help **Fitness Testers** with **how to ace your next fitness test?** *12 Mistakes*

So again, thank you **Stew Smith** for sharing with us... and thank YOU all the **Fitness Testers** in our audience for joining us for this amazing presentation about the mistakes surrounding **Fitness Testing** and the REAL truth about how to avoid those mistakes and get better results instead.

So again, I'm **Jim Edwards** and thanks for joining us on the **I Gotta Tell You Podcast**.

I'd like to invite you to check out **Stew Smith's New Book "Military, Police, FireFighter PT Test Survival Guide" available at StewSmith.com** today for more on how YOU can succeed with **Fitness Testing** and **getting ready for your next PT test, especially if you're not prepared right now**.

Have a great day!

Additional / Supplemental Questions (If Needed)

- What are some **Fitness Testing** tools or resources you think have become or are becoming obsolete? What or who is on the way out?
- Where do you see **Fitness Testers** wasting a lot of time in **Fitness Testing**?
- What is a mistake that costs **Fitness Testers** a lot of time and wasted effort?
- What is a mistake that creates a lot of mental stress and anxiety for **Fitness Testers**?
- What is the #1 thing **Fitness Testers** waste time on with **Fitness Testing** and get no or low results?
- What would you say to a **Fitness Tester** who is so nervous they can't seem to be able to move forward an inch?
- What's the #1 paid resource / service / tool **Fitness Testers** should be using and why is it a mistake to NOT use it?
- What's the biggest mistake you ever made as a **Fitness Tester** when it came to **Fitness Testing** and how did you fix it / recover?
- What are the things **Fitness Testers** are most likely to overpay for and how can they avoid having their money sucked out of their pockets?
- What is something critical every **Fitness Tester** rushes into and needs to slow down a little bit before they run off a cliff? Where do they need to put on the brakes a little bit?
- What is a specific fear that holds most **Fitness Testers** back and how do they get over it?
- What is the thing that most **Fitness Testers** refuse to face and just bury their head in the sand, try to ignore, and hope it just goes away?
- What is something important many **Fitness Testers** typically "blow off" because they think they are too busy, yet it's extremely important? How can they easily find the time?