

2022 FITNESS TRENDS IN SPAIN

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The Spain survey of fitness trends was based on the American College of Sports Medicine's Worldwide Survey of Fitness Trends and included 48 possible trends. There were some minor alterations for the purpose of contextualizing the survey for the Spanish fitness industry. A total of 36 trends were used from the worldwide survey with 9 trends unique to Spain to include: multidisciplinary teams, fitness and nutrition, prevention/rehabilitation of injuries, new market niches, prevention/rehabilitation of injuries, programs of exercise against obesity on children and adolescents, postural correction/postural fitness, medical derivation, inclusive fitness services, and fitness influencers/YouTubers/bloggers. A total of 6,764 online questionnaires were distributed among fitness professionals (213 bounced), with 520 responding to the survey (7.9% response rate). The survey also was distributed through social networks in fitness groups. The survey was open from June 6 to July 5, 2021 (4 weeks). Respondents for this survey were primarily males (72.7%) with nearly three-quarters of the respondents between the ages of 22 and 34 years of age (37.5%) and 35 to 44 years of age (33.7%). Nearly 60% of responders reported having more than 10 years of experience in the fitness industry. Demographic information on responders can be found in Tables 1 and 2. The list of top 20 trends for 2021 in Spain can be found in Table 3.

Table 1

Sample characteristics

<i>Sex</i>	
Woman	27.3
Man	72.7
<i>Age</i>	
Less than 21 years	1.2
From 22 to 34 years	37.5
From 35 to 44 years	33.7
From 45 to 54 years	21.5
More than 55 years	6.2
<i>Experiencia in fitness sector</i>	
Less than 1 year	2.5
From 1 to 3 years	8.8
From 4 to 6 years	12.9
From 7 to 9 years	15.6
From 10 to 20 years	32.3
More than 20 years	25.0
I have not experience in fitness sector	2.9
<i>Place of work</i>	
Privado eenter	38.9
Públic center	22.4
Studio o boutique	12.1
Outdoor places	4.4

Work at home	4.8
Mainly online work	5.0
Others	12.4
<i>Sector of fitness</i>	
Comercial fitness	47.1
Comunitary fitness	12.5
Corporative fitness	23.8
Medical fitness	8.3
Others	8.3
<i>Job situation in fitness sector</i>	
Main job	81.0
Second job	8.5
Third job o more	1.5
Currently I am not working in fitness sector	9.0
Full time	64.2
Part-time without any other job	9.4
Part-time with other job	12.7
I have had a job in fitness sector but now I have changed	3.7
I currently do not have a job in fitness sector, I am unemployed	2.9
Otros	7.1

Note: data are presented in percentages (%)

Tabla 2

Position and annual income of responders

<i>Type of job</i>	
Center owner/Business man	18.1
Manager	12.9
Technical director	13.7
Coordinator	13.3
Multidisciplinary instructor	7.5
Classroom instructor	1.0
Group trainig instructor	2.3
Personal trainer (full time)	6.7
Personal trainer (Part-time)	7.7
Teacher	1.9
Health professional (doctor, etc.)	1.9
Graduate Student	2.3
Ungraduate Student	0.6
None. I do not currently have a job in fitness sector	5.8
Otros	3.6
<i>Annual gross income</i>	
Less than 10.000 €	17.1
From 10.000 to 14.999 €	11.3
From 15.000 to 19.999 €	11.5

From 20.000 to 24.999 €	14.6
From 25.000 to 29.999 €	8.8
From 30.000 to 34.999 €	7.9
From 35.000 to 39.999 €	4.2
From 40.000 to 44.999 €	3.5
From 45.000 to 49.999 €	2.5
More than 50.000 €	8.5
I do not have any income from a job in fitness sector	10.0

Note: data are presented in percentages (%)

Table 3.

Top 20 Trends in Spain for 2022

1	Employing certified professionals
2	Functional fitness training
3	Small group personal training
4	Personal training
5	Exercise and weight loss
6	Outdoor activities
7	Licensure for fitness professionals
8	Multidisciplinary work teams (doctors, physiotherapists, nutritionists and physical trainers)
9	Fitness & nutrition (healthy diet)
10	Fitness programs for older adults
11	Outcome measurement
12	High intensity interval training (HIIT)
13	Post-rehabilitation classes
14	Mobile exercise apps
15	Injury prevention/functional rehabilitation
16	Core training
17	Body weight training
18	Free-weights training
19	Seeking new market niches
20	Wearable technology

Note: The rows with an orange background are Spain-specific potential trends added in the survey.

Fitness trends excluded from Spanish survey:

- Long-term Youth Development
- Worker Incentive Programs
- Pilates