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Personal Trainer Career Guide

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Personal Trainer Guide

**The Staff of Entrepreneur
Media, Cheryl Kimball**



Personal Trainer Guide:

The Everything Guide To Being A Personal Trainer Kate Kenworthy, Stephen A. Rodrigues, 2007-03-13 If you love fitness and you're looking for an alternative to the typical 9 5 office job The Everything Guide to Being a Personal Trainer will help you turn your passion into a career Opportunities for professional fitness trainers are everywhere fitness clubs college athletic programs even professional sports teams The Everything Guide to Being a Personal Trainer is a step by step guide that will take you from gym rat to fitness guru in no time This easy to follow book progresses from training to certification with tips to help you Choose a work environment Set up a business plan Find motivate and keep clients Learn about marketing and networking Written by two personal training professionals The Everything Guide to Being a Personal Trainer is all you need to get started in the exciting growing field of fitness

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Becoming a Personal Trainer For Dummies Melyssa St. Michael, Linda Formichelli, 2004-10-01 Love helping other people improve their physical fitness Become a certified trainer start your own business and grow your client base with this user friendly and practical guide Want to turn

your passion for fitness into a lucrative career Each year more than 5 million Americans use personal trainers to take their workouts to the next level and this plain English guide shows you how to get in on the action Whether you want a part time job at the gym or a full time personal training business you ll find the practical proven advice you need in **Becoming a Personal Trainer For Dummies** If you want to become a certified personal trainer and start your own business or if you re a certified trainer looking to grow your existing practice you re in the right place This practical guide has a thorough overview of what it takes to get certified and run a successful business complete with expert tips that help you Find your training niche Study for and pass certification exams Attract keep and motivate clients Interview hire and manage employees Update your training skills Expand your services A user friendly guide with unique coverage of personal trainer certification programs **Becoming a Personal Trainer For Dummies** includes tips on selecting the right program and meeting the requirements You ll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer Inside you ll discover how to Choose the right fitness equipment for you and your clients Create a business plan a record keeping system and a marketing campaign Perform fitness assessments Develop individualized exercise programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel and a list of professional organizations and resources **Becoming a Personal Trainer For Dummies** gives you the tools you need to be the best personal trainer you can be Grab your own copy to get the most out of this fun fabulous career

The Business of Personal Training Andrea Oh,M. Masters,2013-08-20 The Business of Personal Training Essential Guide for the Successful Personal Trainer is a handbook for personal trainers looking to start improve or diversify their business The information in this book constitutes over 15 years of experience in the fitness industry in an effort to help personal trainers avoid common pitfalls and mistakes that can destroy the business This book goes beyond personal training certifications and program design and provides invaluable information on how to 1 Structure and operate a business 2 Create brand value 3 Market and promote personal training services 4 Effectively sell and generate revenue 5 Drive referral business and customer loyalty 6 Expand and diversify the business If you want to understand how a successful personal training business should run read this book Twice Just like a great movie has twists and turns you don t notice until the second viewing this book contains concepts that will require further digestion before it can be assimilated While we all may change and evolve as industry professionals the words of wisdom contained within these pages are in my opinion timeless Jamie Atlas Owner Bonza Bodies Fitness [Personal Trainers' Guide to Earning Top Dollar](#) Ben Greenfield,2009 [Personal Trainer's Guide to Program Design](#) IDEA Health & Fitness,2002 **Unstoppable** Jared Garcia,2018-11-22 If you re ready to build a successful personal training business read this book now Forget the old concept of just being a personal trainer exhausting your energy and time while not achieving your dreams reframe your mindset and learn how to create business success Whether that s earning 100K a year training

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Personal Trainer as Your Job Lexi Harris,PJ Medina,2014-01-15 Personal Training As Your Job is a step by step guide that gives you the tools to become a personal trainer find employment that fits your goals and kick start your success as a professional The skills and habits outlined in this book will last throughout your entire career

Success in Fitness Vince Vaught,2012-06 Perfect for all aspiring fitness pros with his book Vince Vaught has enabled anyone to launch their own career in personal strength training everything one needs to know and more Here are all the exercise descriptions workouts and training schedules along with nutritional guidelines and everything necessary to assist clients with weight management You will appreciate prospering in today s fitness culture while you enjoy helping others perform structured workout sessions by appointment Buy this book and visit us at www.vaughtfitnessconsulting.com Purchase includes free consulting and special pricing on all essentials for fitness trainers

The Complete Guide to Personal Training Morc Coulson,2014-10-09 A complete reference guide for anyone involved in prescribing exercise programmes for personal training clients The Complete Guide to Personal Training also covers all of the Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework pertaining to personal training and provides the theoretical underpinning of how to programme appropriate exercise for your clients Includes information on The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques this enhanced epub also contains nine videos of key exercises Nutrition Health and safety The book contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a business in this area and how you can stand out from the crowd It is deal for personal trainers in the health and fitness industry as well as those wishing to undertake qualifications in this area

A Complete Guide to Personal Training Justin Bailly,2014-07-23 This book has been written to give new instructors and people thinking about becoming personal trainers an insight into what is involved in this constantly evolving and popular profession giving you a clearer understanding and covering a wide selection of topics Everything you need to know about personal training is covered in this book covering

subjects from how to get qualified and getting started to running your business

The Complete Guide to Personal Training: 2nd Edition Morc Coulson, 2018-09-06 A revised and updated second edition of the popular Complete Guide to Personal Training Expertly written and suitable for anyone working as or training to be a Personal Trainer This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients This guide contains practical tips for designing a range of appropriate client exercise programmes Importantly it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd It includes The foundations of personal training Planning and delivering exercise programmes Training methods and exercise techniques Nutrition Health and safety Setting up marketing and growing a successful business The book also includes all Level 3 requirements detailed within the Health and Fitness National Occupational Standards and the Qualifications Framework relating to personal training and has been awarded 3 CPD points by the Register of Exercise professionals

Start Your Own Personal Training Business The Staff of Entrepreneur Media, Cheryl Kimball, 2016-11-21 Personal training is an exciting industry to be in right now Starting a personal training business can offer a satisfying combination of financial reward a flexible schedule and a career where you can make a profound difference in the lives of others As skilled personal trainer having good business knowledge and judgment can be the first step to earning a substantial income In this revised guide our experts teach you the nuts and bolts of starting a business including everything from writing a business plan to finding a profitable niche within the exercise and sports community From boutique studios to partnerships with schools and private trainers this book will help get you started on the right foot

The Entrepreneur's Guide to Personal Training IDEA Health & Fitness, 2003

A Professional's Guide to Small-Group Personal Training Keli Roberts, 2022 A Professional's Guide to Small Group Personal Training will help you incorporate group dynamics and your knowledge of training principles to develop new business offerings Attract new clients and improve their performance adherence and enjoyment in a small group setting

Study Guide for Foundations of Professional Personal Training Mike Bates, 2008-01 Study guide in preparation for Can Fit Pro's Personal Training Specialist PTS certification program and test Each chapter in this workbook corresponds to a chapter in Can Fit Pro's Foundations of professional personal training manual

Fitness Instructor Training Guide Cheryl L. Hyde, 2002

Functional Fitness Lamar Lowery, 2017-01-30 Functional Fitness contains exercises that focus on activities everyone needs to be healthy fit and successful in everyday life Regardless of whether you are working out or are working as a personal trainer with busy executives overweight clients back pain patients injured athletes or simply people who want to function better in daily life functional training helps you to handle daily tasks more easily and more simply From the functional fitness trainer with the most experience Intense training units for maximum results Detailed photos and explicit descriptions of all exercises Functional fitness is the best training for your everyday life

How to Write an Exercise Program Jez Blackmore, 2018-12-30 How to Write an Exercise Program gives new and existing gym goers access to the same

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