

Transform Your Fitness Journey: A Personal Training Guide

**PERSONAL
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ASFA American Sports &
Fitness Association®

Personal Training Guide

G Psacharopoulos



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The Complete Book of Personal Training Douglas Brooks, 2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

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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 **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

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