

# **NESTA Certified Personal Fitness Trainer Curriculum**

**Chapter 1 – Introduction to Personal Training**

**Chapter 2 – Exercise Physiology**

**Chapter 3 – Kinesiology and Functional Anatomy**



**Chapters 12 – Exercise Psychology**

**Chapters 13-14 – Business Strategies  
and Applications**



# Personal Fitness Trainer Manual Nesta

**Wolfgang Guggemos**



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