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# Personal Trainer Career Guide

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# Personal Trainer Guide

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## **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

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relating to personal training and has been awarded 3 CPD points by the Register of Exercise professionals **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

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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

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