

75-DAY STUDY PLANNER

STUDY DAY	COMPLETION DATE	CHAPTER	ASSIGNMENT
Introduction to the Optimum Performance Training Model			
Day 1		1 - The Scientific Rationale for Integrated Training	<ul style="list-style-type: none"> Become familiar with study materials and online format Watch online presentations for Chapter 1 Read Chapter 1
Day 2		1 - The Scientific Rationale for Integrated Training	
Day 3		1 - The Scientific Rationale for Integrated Training	<ul style="list-style-type: none"> Review online content and Chapter 1
Professional Development, Practice & Responsibility			
Day 4		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> Watch online presentations
Day 5		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> Read Chapter 20
Day 6		BOC Candidate Handbook	<ul style="list-style-type: none"> Read NASM BOC Candidate Handbook
Day 7		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> Review online content and Chapter 20
Client Relations & Behavioral Coaching			
Day 8		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> Watch online presentations
Day 9		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> Read Chapter 19
Day 10		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> Review online content and Chapter 19

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Personal Training Exam Study Guide

Michal Rosen-Zvi

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Whispering the Techniques of Language: An Psychological Journey through **Personal Training Exam Study Guide**

In a digitally-driven earth where displays reign great and quick interaction drowns out the subtleties of language, the profound techniques and mental subtleties concealed within phrases often go unheard. Yet, situated within the pages of **Personal Training Exam Study Guide** a charming literary value pulsating with natural thoughts, lies a fantastic quest waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the psychological depths of this emotional evaluation, we can embark upon a genuine exploration of the book is core styles, dissect their captivating writing type, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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