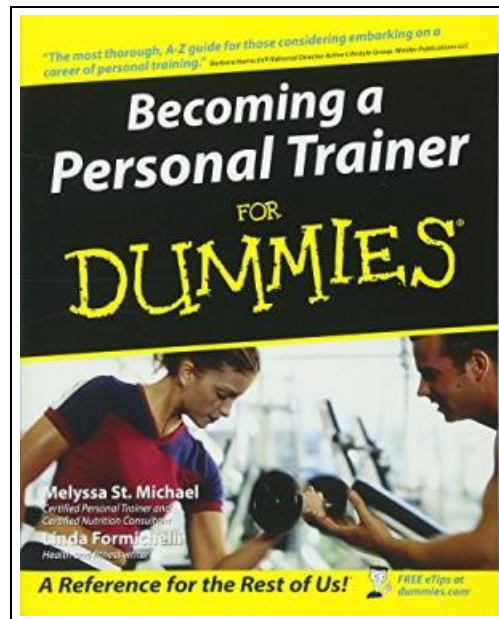


Becoming a Personal Trainer For Dummies (Paperback)



Filesize: 2.89 MB

Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.

(Prof. Loyce Runolfsson Jr.)

BECOMING A PERSONAL TRAINER FOR DUMMIES (PAPERBACK)



To save **Becoming a Personal Trainer For Dummies (Paperback)** eBook, remember to refer to the button under and download the file or get access to other information which are in conjunction with BECOMING A PERSONAL TRAINER FOR DUMMIES (PAPERBACK) book.

John Wiley & Sons Inc, United States, 2004. Paperback. Condition: New. Language: English. Brand new Book. 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 this indispensable resource. *Becoming a Personal Trainer For Dummies* is for you if you want to become a certified personal trainer and start your own business or if you're a certified trainer looking to improve upon your existing practice. You get 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 This user-friendly guide offers unique coverage of personal trainer certification programs, including tips on selecting the right program and meeting the requirements. You'll see how to develop your training identity as well as practice invaluable skills that will make you a great personal trainer. You also receive savvy guidance in: * Choosing the best fitness equipment * Creating a business plan, a record-keeping system, and a marketing campaign * Performing fitness assessments * Developing individualized exercise programs * Advancing your clients to the next fitness level * Managing legal issues and tax planning * Offering additional services such as massage and nutrition consultation * Training clients with special needs Complete with ten great starter exercises and a valuable list of professional organizations and...



[Read *Becoming a Personal Trainer For Dummies \(Paperback\)* Online](#)



[Download PDF *Becoming a Personal Trainer For Dummies \(Paperback\)*](#)

You May Also Like



[PDF] Girls I Want to Date: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)

Follow the web link listed below to download "Girls I Want to Date: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)" document.

[Download ePub](#)

»



[PDF] The Gold Digger Journal: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)

Follow the web link listed below to download "The Gold Digger Journal: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)" document.

[Download ePub](#)

»



[PDF] The Gold Digger Notebook: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)

Follow the web link listed below to download "The Gold Digger Notebook: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)" document.

[Download ePub](#)

»



[PDF] CCE Exam Self-Practice Review Questions for Certified Cost Engineer: 2015 Edition (with 90 questions) (Paperback)

Follow the web link listed below to download "CCE Exam Self-Practice Review Questions for Certified Cost Engineer: 2015 Edition (with 90 questions) (Paperback)" document.

[Download ePub](#)

»



[PDF] To Do List: Chores To Do List, To Do List Agenda Book, Organize To Do List, To Do Notebook Daily, Agenda Notepad For Men, Women, Students & Kids, Cute Wedding Cover (Paperback)

Follow the web link listed below to download "To Do List: Chores To Do List, To Do List Agenda Book, Organize To Do List, To Do Notebook Daily, Agenda Notepad For Men, Women, Students & Kids, Cute Wedding Cover (Paperback)" document.

[Download ePub](#)

»



[PDF] Genuine new book Essentials of Leadership: Principles and Practice (4th Edition) (U.S.) Shiliboge. (U.S.(Chinese Edition)

Follow the web link listed below to download "Genuine new book Essentials of Leadership: Principles and Practice (4th Edition) (U.S.) Shiliboge. (U.S.(Chinese Edition)" document.

[Download ePub](#)

»