

Audio Ace Personal Trainer Manual

Personal Trainer ManualPersonal Trainer ManualPersonal Trainer ManualACE Personal Trainer Master the ManualACE Personal Trainer, Master the ManualACE Personal Trainer ManualPersonal Trainer ManualACE Personal Trainer ManualACE Personal Trainer ManualPersonal Trainer's Guide to Program DesignPersonal Trainer ManualPersonal Trainer Manual : the Resource for Fitness ProfessionalsThe Entrepreneur's Guide to Personal TrainingAce Personal Trainer Manual & Study GuideBecoming a Personal Trainer For DummiesACE Personal Trainer ManualNPTI's Fundamentals of Fitness and Personal TrainingPersonal Trainer Manual, Business Guide, Study Guide, and Practice ExamsMaster the ManualNSCA's Essentials of Personal Training Sciencebuilt Daniel J. Green Richard J. Seibert American Council on Exercise Richard Thomas Cotton Cedric X. Bryant Ace Personal Training Manual Prep Team IDEA Health & Fitness Mitchell Sudy Richard T. Cotton IDEA Health & Fitness Acepersonaltrainermanual Team Melyssa St. Michael Daniel J. Green Henriques, Tim Sports Performance and Resistance Training Association NSCA -National Strength & Conditioning Association

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Training Association NSCA -National Strength & Conditioning Association

the personal trainer s manual is the textbook for fitness trainers consultants and enthusiasts the chapters in this book are introduction to fitness anatomy and kinesiology fitness testing weight training etc the understanding of which is required for any trainer be it on the gym floor or the playing field

this all new fourth edition of ace s best selling textbook offers expanded coverage of a personal trainer s primary job responsibility assessing each client s current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health back cover

this book reflects the latest research findings and scientific breakthroughs in the field of health and fitness it includes anatomy kinesiology exercise physiology and nutrition the application and theory of cardiovascular flexibility and muscular training techniques and the fundamentals of health screening motivational techniques and program development special attention has been given to injury prevention emergency techniques and the legal issues confronting today s professionals

this book delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today including behavior change expertise coaching philosophy and new technical standards for fitness

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designed to be used alongside the manual most often for candidates preparing for their ace personal trainer certification exam the text highlights key concepts in each chapter and offers multiple choice practice questions that are helpful during the study process provided by the publisher

this text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

this book contains a general personal trainer manual accompanied by study guides lesson plans and practice exams from beginner to intermediate it should serve as preparatory information for those wanting to pursue certification from other industry organizations for those trainers who or or wish to work for themselves a business guide is included covering everything a fitness professional needs to know regarding finance operations sales and marketing of a personal training company the material is organized as a workbook and can be written in directly other resources such as forms or templates referenced can be downloaded through the links provided

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