

Haltech Basic Training Certification Manual

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textbook for 2019 certification students

the standard certification is an introduction to the ncep curriculum which has been taught nationwide this manual accompanied by our acclaimed standard certification course is designed to provide aspiring personal trainers a strong holistic foundation for a future in the fitness industry by focusing on the five main components of health and fitness resistance training cardiovascular training flexibility training nutritional guidance and attitude training we also explain how to utilize our innovative ncep system to create individualized exercise programs for clients of all levels finally this manual covers customary topics such as basic anatomy physiology energy systems body assessments postural corrections and medical health history as well as vital information about the industry and how to achieve professional success this manual is carefully constructed to provide both beginning and experienced trainers specific guidelines advice strategies and diagrams that are practical and clearly explained for immediate use on the training floor our holistic approach to health and fitness is second to none as the knowledge gained from this manual will separate any personal trainer from others in the field

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postural corrections and medical health history as well as vital information about the industry and how to achieve professional success this manual is carefully constructed to provide both beginning and experienced trainers specific guidelines advice strategies and diagrams that are practical and clearly explained for immediate use on the training floor our holistic approach to health and fitness is second to none as the knowledge gained from this manual will separate any personal trainer from others in the field

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