

Personal Training Manual

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this book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business the book is truly a complete resource it's full of information about working with clients and designing programs and it's a practical guide to all aspects of the personal training business it will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business 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.

fused from a multitude of fitness and wellness disciplines including core, plyometrics, yoga, boot camp, pilates, conditioning, rehabilitation, cardio, boxing, balance, stability, flexibility, qigong, range of motion, stretching, and more. Ideal for personal trainers, fitness trainers, yoga teachers, pilates instructors, bootcamp teachers, health professionals, and participants of any level, what is physical fitness, what is holistic wellness, what is mental health? This book has the answers herein lies a manual, a textbook, a reference, a fitness bible, with the answers to those questions as well as information on consistency, motivation, knowledge, variety, and the multitude of other aspects necessary to be the most well and healthy you can be. The only remaining question is when will you begin your new journey to wellness?

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 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 becoming a personal trainer for dummies. If you want to become a certified personal trainer and start your own business, or if you're a certified trainer looking to grow your existing practice, you're in the right place. This practical guide has 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, a user friendly guide with unique coverage of personal trainer certification programs. Becoming a personal trainer for dummies includes tips on selecting the right program and meeting the requirements. You'll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer inside. You'll discover how to choose the right fitness equipment for you and your clients, create a business plan, a record keeping system, and a marketing campaign, perform fitness assessments, develop individualized exercise programs, advance your clients to the next fitness level, manage legal issues and tax planning, train clients with special needs, complete with ten ideas to expand your services such as adding workshops or selling equipment or apparel, and a list of professional organizations and resources. Becoming a personal trainer for dummies gives you the tools you need to be the best personal trainer you can be. Grab your own copy to get the most out of this fun, fabulous career!

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.

this book is a resource for personal trainers, health and fitness instructors, exercise scientists, and other fitness professionals, as well as the primary preparation source for the NSCA Certified Personal Trainer examination. It is an essential reference for anyone preparing for

or already working in a career as a personal trainer back cover

personal training theory and practice second edition draws together in one unique volume the personal practical and business skills central to becoming a successful personal trainer this accessible book introduces you to the fundamentals of applied exercise prescription and programme design as well as advanced concepts including nutritional intervention postural analysis and the psychology of behaviour change key features updated to reflect advances in training methodology and techniques in line with requirements for professional qualification key points boxes chapter summaries and a glossary of scientific and technical concepts to aid understanding full colour illustrations and photos to support visual learning case studies and sample exercise plans to help you put theory into practice supported by online resources such as self assessment tests downloadable forms and session sheets at routledge com cw crossley personal training theory and practice is the ideal companion and handy reference for those embarking on a career in personal training as well as experienced trainers reviews of the first edition the ideal companion to turn you from an amateur into a professional sports trainer the only title tailored to meet the needs of uk based personal training work out a gem of a book clearly written and presented which makes it easy for both fitness professionals and lay people to understand definitely worth buying health and fitness

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