

Personal Training Manual

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this books 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 refelcts the latest research findings and scientific breakthroughs int he field of health and fitness it includes anataomy kinesiology exercise physiology and nutrition the application and theory of cardiovascular felexibility 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

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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

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