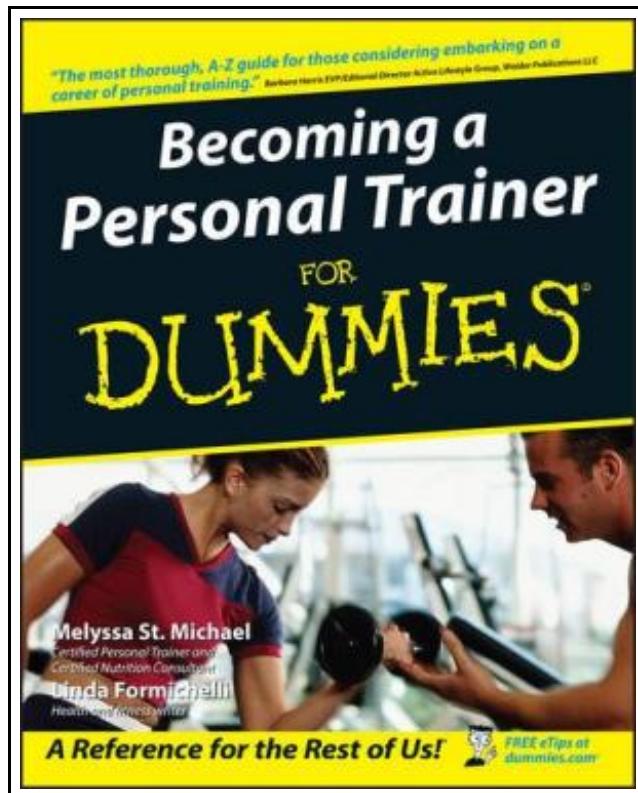


## Becoming a Personal Trainer for Dummies



Filesize: 5.18 MB

### Reviews

*Basically no terms to clarify. It can be written in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.*  
*(Dr. Hazel Ziemann IV)*

## BECOMING A PERSONAL TRAINER FOR DUMMIES

[DOWNLOAD PDF](#)

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Becoming a Personal Trainer for Dummies, Melyssa St. Michael, Linda Formichelli, 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...

[Read \*Becoming a Personal Trainer for Dummies\* Online](#)[Download PDF \*Becoming a Personal Trainer for Dummies\*](#)

## Relevant Books

---



### **How to Make a Free Website for Kids (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Download PDF »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download PDF »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download PDF »](#)

---



### **A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home (Paperback)**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can download...

[Download PDF »](#)

---



### **Most cordial hand household cloth (comes with original large papier-mache and DVD high-definition disc) (Beginners Korea(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown in Publisher: Henan Science and Technology Press Information Original Price:...

[Download PDF »](#)