

## [ACSM PERSONAL TRAINING](#)



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### **National Personal Training Institute of Colorado**

National Personal Training Institute [NPTI], with two locations in beautiful Colorado, is an accredited school dedicated to the training of personal trainers.

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### **Personal trainer Wikipedia**

A personal trainer is an individual certified to have a varying degree of knowledge of general fitness involved in exercise prescription and instruction. They motivate clients by setting goals and providing feedback and accountability to clients. Trainers also measure their client's strengths and weaknesses with fitness assessments.

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### **Personal Training SR Parkpoint Health Club**

PERSONAL TRAINING. Get a jump on your fitness with a personalized, motivating program designed especially for you by our nationally-certified staff!

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### **Personal Training Certification School Comparison**

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