



Become a Certified Personal Trainer: Surefire Strategies to Pass the Major Certification Exams, Build a Strong Client List, and Start Making Money

By Robert Wolff

Mcgraw Hill Education - Europe, United States, 2010. eBook.
Book Condition: New. 234 x 186 mm. Language: English . Brand New Book. Your complete preparation guide for a successful career in personal training Training authority Robert Wolff walks you through the most important subject areas you need to pass certification, get started, and succeed as a personal trainer. Become a Certified Personal Trainer will guide you through the entire certification process, providing sample questions for each of the top exams and also offering much-needed advice about the business side of the job and beyond. Become a Certified Personal Trainer shows you: An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition, supplementation, and weight management Physical preparation in and out of the gym The training and business mistakes others make and how to avoid them Business lessons including finding clients, making yourself stand out from the competition, and creating a mindset for success Whether becoming a trainer is your dream job or you re already in the field, Robert...



READ ONLINE
[8.33 MB]

Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

-- **Ms. Clementina Cole V**

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

-- **Rosario Durgan**