

## Become an Online Member

Become a member of fNCCPT.com. When you become an on-line member you not only receive discounts on products but you may receive commission for everyone you refer and everyone they refer up to four levels deep! NO other certification in the industry pays you money or provides a business model to help you create residual income. Join now and start your journey towards financial freedom!

### Choose a Membership\*

#### Basic PT Membership Plan: \$4.95/month

- Basic Information Listed on Personal Trainer Locator Database
- 10% off on selected products and services
- Special Discounts for Additional Products and Services
- Monthly Access to the NCCPT Newsletter Post classifieds
- Post blogs
- Post job opportunities
- Post a webpage with your personal information

#### Premier PT Membership Plan: \$9.95/month

- All of the Basic Membership benefits plus:
- Earn commissions from your downline & build financial security
- Personalize your own webpage for the Personal Trainer Locator Database
- Up to 20% off on selected products and services
- Monthly Access to the NCCPT Newsletter
- Access to Client Workout Programs
- View Educational Videos online
- New Monthly Workout Video Download
- Able to use "real time" scheduler to manage our clientele

\*All memberships will be Electronic Fund Transfer (EFT) based or automatically billed from an account you provide us with.

Full Registration and Payment Available Online at:  
NCCPT.com    NCCPT.org    FutureFit.net    ICCPT.org    (800) 778-6060

REFUNDS: There are no refunds for any products or services unless damaged.  
All sales are final. STANDARD PAYMENT TERMS: Master Card, Visa, COD, Cash,  
Money Order, or wire transfer. Payment by company check may delay shipping 2-3 weeks.



# NCCPT

THE NATIONAL COUNCIL FOR CERTIFIED PERSONAL TRAINERS



Catalog

# Personal Training School

**GET CERTIFIED**

## 11 Programs to choose from

Whether you're just starting out or currently working as a personal trainer, the National Council For Certified Personal Trainers, NCCPT, has an entire program specifically geared to the needs and interests of the professional trainer. Our goal is to keep you at the cutting edge of this constantly changing and evolving industry, while providing you with the proper business tools to successfully conduct a well organized and highly profitable business. Students will be exposed to many different facets of Personal Training with the industries "Top Guns".

- Personal Training Certification**
- Personal Training Home Study**
- Personal Training Certification Exam ONLY**
- Weight Management Specialist**
- Certified Fitness Nutrition Specialist**
- Certified Kid's Nutrition Specialist**
- Yoga for Personal Trainers**
- Kick 2 Fit Kickboxing Program**
- Resistance Training Specialist**
- Golf Fitness Essentials for Trainers**

*All Prices Are Subject To Change*



## Personal Trainer Certification Class

Personal Trainer Workshops are held on Saturday & Sunday from 8am - 6pm. Learn what you need to know to become a top-notch trainer. Get some hands on experience and build your confidence. Your itinerary will be:

Saturday:

- |             |   |
|-------------|---|
| 8:00-8:30   | Intro and Definition of a Personal Trainer                      |
| 8:30-8:45   | Break   |
| 8:45- 9:45  | Exercise Physiology   |
| 9:45-10:00  | Break   |
| 10:00-11:00 | Nutrition   |
| 11:00-11:15 | Break   |
| 11:15-12:15 | Program Design  |
| 12:15-1:15  | Lunch   |
| 1:15-2:15   | Anatomical Terms, Biomechanics, Spine                           |
| 2:15- 3:15  | Medicine Ball, Unstable Surfaces, Mini-Tramp and Agility Ladder |
| 3:15-3:30   | Break   |
| 3:30 - 6:00 | Exercise Application  |

Sunday:

- |              |                                       |
|--------------|---------------------------------------|
| 8:00-9:00    | Flexibility                           |
| 9:00-9:15    | Break                                 |
| 9:30-10:00   | Personal Trainer Ethics               |
| 10:0-10:15   | Break                                 |
| 10:0 - 12:00 | Documentation and Fitness Assessments |
| 12:00-1:00   | Lunch                                 |
| 1:00-2:00    | Special Populations                   |
| 2:00-2:15    | Break                                 |
| 2:15-6:00    | Program Implementation                |



### Personal Trainer Certification Manual

**"The Power of Personal Training"** - Included with our 2-day course and our home-study course, this manual will empower you with the knowledge, skill and insight to train different types of clients with a variety of fitness goals. Business forms, waivers, releases, sales contract, workout cards, charts and anatomical drawings are included.

It may now be purchased separately. plus tax S/H \$50<sup>00</sup>

PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT



### Body Fat Caliper

A very accurate caliper to measure body fat. Skin fold measurements are accurate to 1 mm. Rugged plastic construction with stainless steel springs. Easy to read scale up to 80mm. Instructions included. Wt. 1 lb.

plus tax S/H \$29<sup>95</sup>

PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT



### Foam Rollers

Improve Balance and Stability. A simple, effective balance and alignment tool for developing core stabilization, lower body balance and stamina, and body awareness.

Starting at plus tax S/H \$16<sup>95</sup>

PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT



### PT Business Package

Included in the package are lead sheets, call sheets, waiver, informed consent, medical release, client profile, workout cards, sales agreement, assessment charts, introductory workout protocol checklist, progress report, sign-in sheet and the Fitness Analysis booklet. All the forms are type-set and ready to copy at any printer. **BONUS:** Over 2 Hours of Sales Marketing Tips on VHS to increase business!

plus tax S/H \$29<sup>95</sup>

PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT



### Super Future Fit Supplements

- Ultimate Vitamin & Mineral
- Ultimate Fat Burner
- Ultimate Muscle Gainer
- Ultimate Endurance Formula
- Ultimate Joint Formula
- Ultimate Detox
- Ultimate Male
- Ultimate Female

Prices vary.  
Please go to the website.

<http://futurefit.mitamins.info>

PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT



"Success usually comes to those who are too busy to be looking for it."

- Henry David Thoreau

## PERSONAL TRAINING CERTIFICATION

2-Day Workshop \$499 plus S & H



### CURRICULUM

- Basic exercise physiology
- Basic nutrition
- Proper stretching techniques
- Biomechanics of exercise
- How to get clientele
- How to keep clients motivated and coming back

### BONUS

You may purchase a sample test and/or study guide for \$25 each.

- Client Profile Sheets
- Body Composition Chart
- Workout Cards
- Release Waivers
- Postural Assessment
- Stretching Diagram
- Telephone Log Sheet
- Sales Contract
- Lead Sheets

HOME STUDY COURSE \$399 plus S & H

EXAM ONLY \$279 plus S & H  
Includes the manual



Exam available in Spanish

### CURRICULUM VIDEOS

- Basic exercise physiology
- Exercise application
- Basic nutrition
- Business and Marketing
- Proper stretching techniques
- Personal Trainer Manual & Exam

Are the workshops too far from your home? Can't get the time off work or school? If you can't come to us, we'll come to you. With our Correspondence Course, you'll receive videos or DVDs covering the complete curriculum. Study these materials and test when you're ready. Once you've passed, we'll send you your Certification in the mail.



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## WEIGHT MANAGEMENT SPECIALIST

**\$299** plus  
S & H

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

### CURRICULUM

- Basic Principles of Energy Balance
- How to use the ADA Exchange System
- How to estimate total caloric energy expenditure
- How to estimate the energy needs of individual clients
- How to approximate the energy content of foods
- How the body gains and loses weight

### CURRICULUM continued

- Myths & Facts about popular weight loss diets, supplements and drugs
- How to conduct nutrition interviews
- How to develop "SMART" healthy eating plans and lifelong behavior changes
- DSHEA provisions
- Principles of weight loss and weight gain

### ACCREDITATIONS

8.0 CEU's AFAA-The Aerobic and Fitness Association of America  
7.5 CEU's ISSA-International Sports Science Association  
0.8 CEU's NASM-National Academy of Sports Medicine  
0.8 CEU's NCCPT-National Council For Certified Personal Trainers



**CERTIFIED FITNESS NUTRITION SPECIALIST™** **\$399** plus  
S & H

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

**CERTIFIED KID'S NUTRITION SPECIALIST™** **\$399** plus  
S & H

**OR BOTH CERTIFICATIONS FOR ONLY** **\$649** plus  
S & H

### CURRICULUM

- Digestion, absorption, transport and excretion of nutrients
- Energy expenditure & Metabolism Measurement
- Digestion and absorption of Macronutrients
  - Components of Energy Expenditure
  - Energy Measurements
  - Factors Affecting the Metabolic Rate
  - Thermic Effect of Food
  - Direct/Indirect Calorimetry

### CURRICULUM continued

- Carbohydrates
  - Introduction to Neuro Linguistics
  - Case Studies
- Lipids
- Proteins
- Turn-Key Business Model guiding you on how make an additional \$30K+ per year with as little 1.5 clients per week

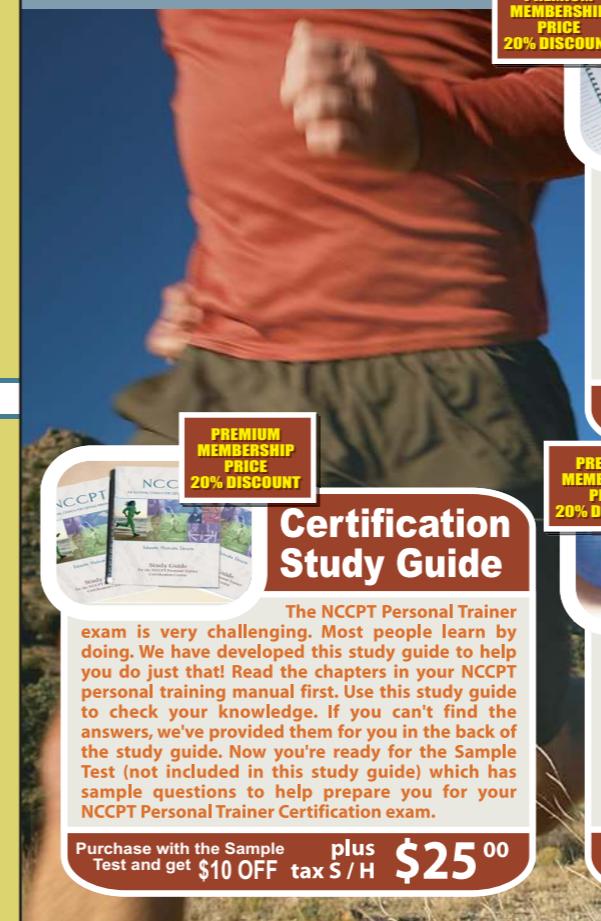
### ACCREDITATIONS

Fitness Nutrition Specialist:  
.10 CEU's NCCPT-National Council For Certified Personal Trainers  
  
Kids Nutrition Specialist:  
.10 CEU's NCCPT-National Council For Certified Personal Trainers

Are you tired of all the myths? Are you confident with your knowledge of nutrition and how to get the results your clients want? Why is obesity running rampant in our society? If your clients only spend a few hours a week with you, how can you best educate and guide them towards their fitness goals with sound nutrition advice?

Here's your chance to learn information based on the latest research available. Taught by a Registered Dietitian with expertise in exercise nutrition. This course will empower you to create energy balance for your clients.

Students will receive client handouts, reference sheets, background reading by videos and manuals.

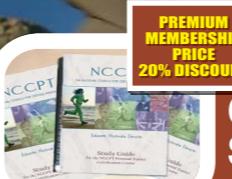


**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

## Certification Sample Test

Worried about passing the exam? The sample test has many of the same questions asked on the Personal Trainer 2-day or the Personal Trainer Home Study certification course. By purchasing this sample test, you may highly improve your score.

Purchase with the Study Guide and get \$10 OFF tax S / H **\$25 00**



## Certification Study Guide

The NCCPT Personal Trainer exam is very challenging. Most people learn by doing. We have developed this study guide to help you do just that! Read the chapters in your NCCPT personal training manual first. Use this study guide to check your knowledge. If you can't find the answers, we've provided them for you in the back of the study guide. Now you're ready for the Sample Test (not included in this study guide) which has sample questions to help prepare you for your NCCPT Personal Trainer Certification exam.

Purchase with the Sample Test and get \$10 OFF tax S / H **\$25 00**

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

## Medicine Balls

It's the strongest Synthetic Rubber Medicine Balls made. Heavy textured surface for varied training exercises. Small diameter for more varied training exercises. Can be used indoors or outdoors. They bounce. Exercise chart included. Other sizes are also available.

Starting at: plus tax S / H **\$15 95**

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

## Personal Trainer Daily Journal

Make it easy to keep track of your client's workouts. One page has a section to log their nutrition, including time of meal, amount of calories and the type of foods consumed. The opposite page allows you to track their cardiovascular training including the time and mode as well as their resistance training including weight, reps and sets. This is the best way to show progress.

plus tax S / H **\$14 95**



## Agility Ladder

15-foot nylon ladders constructed with adjustable sections. PVC ends add durability. Specifically designed for agility training, large ladder spaces reduce the risk of ankle strains, provide more foot placement area than the traditional agility ladders, and will not scratch floor surfaces. The 15-foot ladder is perfect for small groups of six or less

plus tax S / H **\$99 00**

"Success always comes when preparation meets opportunity." -Henry Hartman

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# Continuing Education

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**



**Unstable Surfaces**  
**\$24.95 / VHS** plus tax S/H

Training on unstable surfaces has been known to increase proprioception, balance, coordination and core strength. These techniques can help you train a wide array of clientele from the elderly to the accomplished athlete. If you haven't tried this stuff, then you're in for a treat.

0.1 CEU NCCPT-National Council For Certified Personal Trainers

**All Videos**  
Offered in both  
**VHS & DVD**

*"Perseverance  
is not a long race.  
It is many short races  
one after another."*

- Walter Elliott



**Fitness Pack**  
**\$49.95 / 3 DVDs** plus tax S/H

Three of the most requested videos. Medicine Ball Training, Unstable Surfaces, and Agility Training. Normally, each video runs \$24.95. But this pack is specially priced at \$49.95

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

0.3 CEUs NCCPT-National Council For Certified Personal Trainers



**PT Essentials Pack**  
**\$99.00 / 5 VHS & DVD**  
plus tax S/H

Five of the most requested videos. Medicine Ball Training, Unstable Surfaces, Agility Training and Exercise Applications 1 & 2. Normally each video runs \$24.95. But, this pack is specially priced at \$99.00!

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

0.7 CEUs NCCPT-National Council For Certified Personal Trainers



## RESISTANCE TRAINING SPECIALIST

**\$399\*** plus  
S & H

### RTS LEVEL ONE CURRICULUM

### CURRICULUM continued

- RTS<sup>1</sup> is a video course offering a broad spectrum of information:
  - Fundamental science often neglected
  - Intermediate to Advance biomechanics
  - Basics of joint forces
  - Assessment and progression
  - Mechanical Physiology
  - Components of flexibility training
- \* Exam must be purchased separately

### ACCREDITATIONS

- 1.6 CEU's ACE-The American Council on Exercise  
1.6 CEU's NASM-National Academy of Sports Medicine  
1.6 CEU's NCCPT-National Council for Certified Personal Trainers



### "Private Label" Your Own Supplements

<http://futurefit.mitamins.info>



Want to add instant credibility to your personal training business? Why not sell high quality supplements to your clients with your OWN company name on them? Don't send your clients to spend their money somewhere else and not know what they are taking.

Keep track of their supplementation and service your clients and keep the money yourself!

There are no minimum orders and no start up costs. Go to <http://futurefit.mitamins.info> and click on the bottom right hand corner at "Your Own Webstore Here."

### FAT BURNING WORKOUTS - 3 DVDS!

THESE WORKOUTS WILL GUIDE AND MOTIVATE YOU TO TRANSFORM YOUR BODY IN JUST 12 WEEKS!



Fat Burning Workouts is a fun, interesting and efficient way to exercise in just 30 minutes a day in the comfort of your own home! These are the ultimate circuit training workouts. Each circuit targets the upper body, lower body, the core or abdominals and then integrates a full body movement for the extra calorie burn.

Because the human body adapts fairly quickly to exercise, there are a Beginner, an Intermediate and an Advanced Series. We keep the workouts interesting by providing you two different workouts per series. You may perform them in sequence, or mix them at your own

**\$9.95 each or \$24.95 for all 3**

plus tax S/H

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

All exercise, from cardio to strength training, is based upon two key factors:

1. The perfection of movement patterns and
2. The production and tolerance of force!

For this reason, all exercise is, objectively, resistance exercise. Ultimately, it is the perfection of the movements and the way in which force is applied that determine not only the benefits of an exercise, but also the level of risk to key parts of the body such as joints.

Biomechanics applied to exercise

- Joint structure, mechanics and forces
- The mechanical progression of exercise
- Range of motion components

- Analysis of tubing, machines, home gyms, etc.

This video course contains over 20 hours of essential information every Personal Trainer should have!

**YOGA for PERSONAL TRAINERS** by Desirée Bartlett \$299 plus S & H



**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

#### CURRICULUM

- Learn the origins and principles of Yoga.
- Learn how to perform the most popular yoga poses.
- Learn the contraindications and how to modify the different poses to accommodate different levels of fitness.
- Learn how to create and implement yogabased programs for your clients.
- Develop a sense of inner balance.
- Integrate yoga into your personal training sessions.

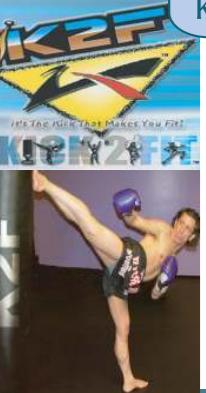


Desirée Bartlett M.S., CPT, has been in the health & fitness field for 13 years. She is originally from Chicago, where she completed her Bachelor's degree in Kinesiology and her Master's degree in Corporate Fitness.

After college, Desirée moved to Cabo San Lucas, Mexico, where she owned a fitness studio, Cabo Health & Fitness. While living in Mexico, she discovered Yoga, and studied in Mexico, Costa Rica and Los Angeles. She now holds certifications in Yoga, Personal Training, Group Exercise and Spinning.

#### ACCREDITATIONS

- 0.8 CEU's The National Council for Certified Personal Trainers  
8.0 CEU's International Sports Sciences Association  
6.0 CEU's Aerobics and Fitness Association of America  
1.0 CEU's National Academy of Sports Medicine



**KICK 2 FIT PROGRAM** by Zak Lee

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

\$299 plus S & H

#### CURRICULUM

- How to execute a variety of punches correctly
- How to execute a variety of kicks correctly
- How to wrap your client's hands for punching
- How to create combinations with punches, kicks or a variety of both
- How to create conditioning drills for your clients
- Sample kick boxing workouts for your clients
- How to condition for kick boxing

#### About ZAK LEE



- 30 years of martial arts and fitness experience from around the world.
- Certified Personal Trainer NCEP, NCCPT.
- World Martial Arts Champion.
- 3rd Degree Black Belt for W.A.K.O. Federation.
- 1st Degree Black Belt for the SKKI federation.

#### ACCREDITATIONS

- 0.8 CEU's The National Council for Certified Personal Trainers  
10.0 CEU's International Sports Sciences Association

Strength, endurance and flexibility are the basic components in any personal training session. Yoga is another method of helping us develop these three fundamental principles.



"Calmness is the living breath of God's immortality in you."

Paramahansa Yogananda

# Continuing Education

*Even while  
you teach,  
you learn.*

- Seneca

**ALL PRODUCTS  
THIS PAGE  
PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**



**Exercise Application 1 & 2**  
\$49.90 / 2 VHS or DVD  
plus tax S/H

.4 CEUs NCCPT-National Council For Certified Personal Trainers



**Medicine Ball Training**  
\$24.95 / VHS or DVD  
plus tax S/H

0.1 CEU NCCPT-National Council For Certified Personal Trainers



**Business and Marketing**  
\$49.95 / DVD  
plus tax S/H



**Agility Training**  
\$24.95 / VHS or DVD  
plus tax S/H

0.1 CEU NCCPT-National Council For Certified Personal Trainers

These two tapes cover the entire body in the gym. Resistance profiles, strength profiles, spotting and safety features are covered. These tapes are a must if you are training people in the gym!

Scientific information is essential for every Personal Trainer, but it won't pay the rent. Learn how to market yourself successfully. Pricing, advertising, fitness assessments and legal issues are all covered in this informative video. Don't subject yourself to the pitfalls most trainers encounter. Learn how to MAKE MONEY!



**Medicine Ball Training**  
\$24.95 / VHS or DVD  
plus tax S/H

The ability to move quickly can save your life, not to mention make you a better athlete. In this video you'll learn a variety of running drills and plyometrics you can use with your clientele or athletes. Use these skills to help your clients burn fat as well. They're a lot more fun than running on a treadmill.

# Massage Therapy

"Increase recovery speed and reduce stress..."



NCCPT is now offering CEUs for our new Self-Treatment Massage DVDs taught by Boris Prilutsky, MA, who has more than 32 years of clinical experience in the fields of physical rehabilitation, medical massage, and sports medicine.

Vol. 1 Neck & Upper Back  
Vol. 2 Shoulder  
Vol. 3 Elbow & Wrist  
Vol. 4 Lower Back

Vol. 5 Hamstring, Quadriceps & Knee  
Vol. 6 Shin & Ankle  
Vol. 7 Pre-Event Warm Up  
Vol. 8 Stress Management

Each DVD is \$99.95 + S/H  
CEUs vary between 0.15 - 0.2 depending on DVD purchased.  
Price includes written exam which must be passed to receive CEUs.

# THE GOLF FITNESS ESSENTIALS for TRAINERS

The Golf Fitness Essentials for Trainers manual is a comprehensive guide to training the golfer in a fitness setting. The manual/course will teach you the anatomy, biomechanics, exercises, program design, swing faults, injury prevention, and nutrition related to golf. This 250 page educational manual consists of every aspect of golf-specific strength & conditioning you need to know to evaluate and train golfers in your community. Over 100 pages of Golf-Specific Exercises!

**HOME STUDY: \$199.99 + S/H**  
Includes online exam. To obtain CEU's online exam must be passed.

**Manual Only: \$69.99 + S/H**

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**



# FUNCTIONAL TRAINING



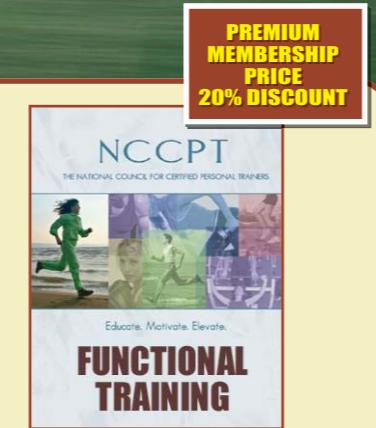
**What is functional training?** Learn how to define Functional Training by learning what Functional Training is not. Learn to differentiate between joint function, activities of daily life and sports.

Learn the pros and cons of functional training and when to integrate it into a Periodization model.

Learn how to construct functional exercises while considering the forces created in the body.

This DVD will bring some light to the controversy of what is a functional exercise and review some of the studies on increasing functional efficiency.

PRICE: \$49.95 + S/H



**ACCREDITATIONS:**  
NCCPT.....0.4 CEU's  
AFAA.....3.0 CEU's  
ISSA.....4.0 CEU's  
NASM.....0.4 CEU's  
ACE.....0.4 CEU's

# TRAINING THE CORE

## Where and what is the core?

Do you know what muscles make-up the core? Learn how to differentiate between the inner unit or local musculature and the outer unit or global musculature.

Learn the nuances in training the inner unit and the outer unit.

Are stable or unstable surfaces better for training the core? This DVD will surfaces to train the core. You will be surprised at what you will learn. Learn the benefits of training on a stable surface integrating ground reaction forces. Without a strong core, your clients performance will not be at its peak.

**ACCREDITATIONS:**  
NCCPT.....0.4 CEU's  
AFAA.....3.0 CEU's  
ISSA.....4.0 CEU's  
NASM.....0.4 CEU's  
ACE.....0.4 CEU's

**PREMIUM  
MEMBERSHIP  
PRICE  
20% DISCOUNT**

PRICE: \$49.95 + S/H

