



How to choose your
PERSONAL TRAINER!

Your Personal Trainer

Bart Warrot

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

Your Personal Trainer:

Your Personal Trainer Douglas Brooks, 1999 Presents individually tailored training programs and customized fitness workouts designed to maximize workout goals shed pounds and add muscle increase endurance and stay motivated Chapters are organized in sections on training essentials and components training programs and training targets Includes bandw photos assessment forms and planning sheets The author is a certified personal trainer and is fitness training director at Snowcreek Resort and Athletic Club Annotation copyrighted by Book News Inc Portland OR **How to Obtain Your**

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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

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50 Ways to Get More Customers as a Personal Trainer Bart Warrot, 2023-08-21 Empower your journey as a personal trainer through 50 Ways to Get More Customers. Explore authentic approaches from building your online presence to fostering client referrals. This guide is your key to enriching your fitness career and effectively connecting with potential clients

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this guidebook author Gary Pitts a master strength coach and Canada's premier fitness lawyer provides the knowledge you need for your practice Following the principles of MISS make it simple stupid Gary has compiled information on the entire spectrum of fitness specific legal issues most of which are largely unknown or misunderstood by even the most seasoned veterans in the personal training industry If you're serious about your personal training career explores these important issues and start building your protective legal strategies now

Confessions of a Certified Personal Trainer Robert Linkul MS CSCS, 2011-06-27 Robert's commitment to the personal training business earned him the honor of serving the National Strength and Conditioning Association as their Northern California State Director 2010-2012 Robert has his masters degree in personal training his bachelors degree in kinesiology is a certified strength and conditioning specialist with distinction a certified NSCA certified personal trainer with distinction as well as a certified USA Weightlifting Level I coach I have grown tired of all the fads and myths of the certified personal training business and decided I would put out a email to all my clients discussing a topics like site specific reduction or crash diets The support I received after sending out the first newsletter inspired me to keep writing My goal is to change the way people think of fitness I call it the fitness revolution This book is a combination of education experience and research all put together and thrown down on paper These are my confessions as a certified personal trainer Many trainers will not tell you information like you will read in this book That is why I call it a revolution We are breaking away from the norm and developing something new With science and research as my guide I will educate you on a new way to train the right way to training

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Personal Fitness Charles S. Williams, 2004-04-28

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