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Becoming A Personal

# Trainer For Dummies

## Becoming A Personal Trainer For Dummies

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### ~~Becoming A Personal Trainer For~~

To become a personal trainer you would normally be an experienced fitness instructor with a recognised qualification, such as: Level 2 Certificate in Fitness Instructing –

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Gym. Level 2 Diploma in Health,  
Fitness, and Exercise Instruction.  
Level 2 Diploma in Instructing  
Exercise and Fitness.

~~How To Become A Personal trainer |  
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Becoming a personal trainer:

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Trainer For Dummies. Now that you know how to qualify as a personal trainer, we can only imagine how excited you are about the possibility of turning your ...

~~How to become a personal trainer for runners - AW~~

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How to become a personal trainer

College. You could take a college course to help you get into this career. ... Apprenticeship. You could do a personal trainer advanced apprenticeship. You can train in a similar role as a physical... Direct Application. You can apply to become

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~~Personal trainer | Explore careers |  
National Careers Service~~

Becoming a personal trainer can be a good career choice if you love fitness and helping others achieve their goals. As a fitness enthusiast, you've



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probably already done unofficial personal training over the years, but there are more steps to take to get certified as a personal trainer, find employment, or set up your independent business. Learn more about this career to decide if it is the right one for you.

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~~8 Steps to Become a Personal Fitness  
Trainer~~

The first step to a successful career is getting the qualifications you need. Both our entry-level personal training courses will give you the entry requirements you need to get started

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~~Trainer For Dummies~~  
- our Diploma in Personal Training or our Advanced Diploma in Personal Training. The diploma course is an ideal start, focusing on developing your gym-based skills.

~~How to become and qualify as a personal trainer: Guide to ...~~

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Trainer For Dummies

If you have a genuine passion for health and fitness and want to turn this into a career, then becoming a Personal Trainer could be the perfect move for you. The main role of a Personal Trainer is to provide support and guidance to clients, helping them identify achievable targets, and plan

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Individual fitness regimes enabling them to meet their goals.

~~How to become a Personal Trainer |  
feed.co.uk~~

To be eligible for the NASM Personal Trainer Certification Exam, you must:  
Have a high school degree or GED

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Hold a current cardiopulmonary resuscitation (CPR) certification Hold an automated external defibrillator (AED) certification.

~~How to Become a Personal Trainer |  
NASM~~

How To Become A Personal Trainer.

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Step 1. Choose a certification. A variety of different organizations and accredited programs offer certifications in the fitness industry. It's ... Step 2. Choose a specialty. Step 3. Invest. Step 4. Study, Study, Study. Step 5. Find a gym or studio.

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~~Trainer For Dummies~~  
~~How To Become A Personal Trainer |~~  
~~Bodybuilding.com~~

10 Pros of Being a Personal Trainer.

1. Freedom and Flexibility. Are you an expat who hates the idea of a regular 9 to 5 occupation? If so, personal training may be an excellent career for you. It gives you a chance to



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schedule appointments whenever you want. Personal training does not control your life like ordinary 9-5 jobs.

### ~~20 Pros and Cons of Being a Personal Trainer~~ →

A great reason for why should you become a personal trainer is that you

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will be keeping yourself fit and healthy condition. Whether your taking 1-2-1 PT sessions, taking a class or performing a gym induction, you will be non your feet, burning fat and keeping fit.

~~Should I become a Personal Trainer:~~

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### ~~Trainer For Dummies~~ 14 Reasons Why (2019 ...

Before you go through the time and effort of obtaining a personal trainer certification, make sure the balances of pros and cons work out in your favor.

~~Pros & Cons of Being a Personal~~

# Bookmark File PDF Becoming A Personal Trainer | Livestrong.com

The majority of people who want to become personal trainers are either fitness enthusiasts or former teenage sports players who now want to make a career helping others get in shape....

~~10 things no one tells you before you~~

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## Becoming A Personal Trainer For Dummies

become a personal...

For starters, personal training is not for everyone — you cannot just wake up and decide to be a personal trainer. In fact, it ' s more of a lifestyle than a job — you need to have a passion for it as well as the willingness to drop the regular 9 to 5

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mindset; this is the only way to  
succeed!

~~Being a Personal Trainer: All Pros and  
Cons | PT Cert~~

How to become a personal trainer.

Alan Morrell. View Comments. About  
the job: Personal trainers help clients

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with a variety of health and wellness issues, both physical and mental.  
Training can ...

~~Jobs: How to become a personal trainer~~

Becoming a Personal Trainer For Dummies is for you if you want to

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Trainer For Dummies  
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 ...



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Dummies: Amazon.co.uk: St ...~~

Before you get your first client, complete a fitness assessment, or help someone achieve a fitness goal, there are a few things you need to know about becoming a personal

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Trainer. It 's not just a gig where you help people lose weight and build muscle. You need to be able to do other important things to be a successful personal trainer, such as:

~~Thinking About Becoming a Personal Trainer? Read This First~~

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With more than 6 million people working out with personal trainers, a clear path to a variety of certifications through organizations like the American Council On Exercise (ACE), and a fitness...

~~8 Signs You Would Be an Awesome~~

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Once you've decided that becoming a personal trainer is right for you, the first step is choosing a certification program. Consider a certification accredited by the National Commission for Certifying Agencies (NCCA), renowned as the gold

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Trainer For Dummies. All ACE  
standard in health and fitness. All ACE  
Certifications are accredited by the  
NCCA.

Love helping other people improve  
their physical fitness? Become a  
certified trainer, start your own

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business, and grow your client base with this user-friendly and practical guide. 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

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Trainer For Dummies

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 Becoming a Personal Trainer For Dummies. If you want to become a certified personal trainer and start your own

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Business—or if you're a certified trainer looking to grow your existing practice—you're in the right place. This practical guide has 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



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Trainer For Dummies; cursor: transparent; overflow: visible; text; clear: both; position: relative; direction: ltr;" A user-friendly guide with unique coverage of personal trainer certification programs, Becoming a Personal Trainer For Dummies includes tips on selecting the right program and meeting the

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requirements. You 'll learn to develop your training identity as well as practice invaluable skills that will make you a great personal trainer. Inside you 'll discover how to:

```
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Choose the right fitness equipment, for you and your clients Create a business plan, a record-keeping system, and a marketing campaign Perform fitness assessments Develop individualized exercise

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Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model.

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The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model.

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Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

Head-to-toe preparation for a

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successful career in personal training Training authority Robert Wolff walks you through the core subject areas you need to pass certification and get started as a personal trainer. Guiding trainers throughout the entire certification process, Become a Certified Personal



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### Trainer For Dummies

Trainer goes through sample questions and essays for each of the top exams, and also provides much-needed advice about the business-side of the job. Become a Certified Personal Trainer shows you: An inside look into the top organizations and how they would train you How to

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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 Business lessons:

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finding clients, making yourself stand out from the competition and starting a savings plan Mistakes to avoid concerning training and business moves Real world examples from top personal trainers/athletic trainers that share their experiences Whether becoming a trainer is your dream job

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or you're already in the field, Robert Wolff provides everything you need to give your and your clients the best chance at success.

Personal Training: Theory and Practice draws together the personal, practical and business skills central to

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Becoming a successful personal trainer in one unique volume. This accessible new book introduces the fundamentals of applied exercise prescription and programme design, as well as advanced concepts such as nutritional intervention, postural analysis and the psychology of

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behaviour change. It provides authoritative coverage of:

- practical aspects of personal training – stability, functional exercise, sport specific training and speed development
- all the latest fitness methods
- weight loss, diet and nutrition
- key business skills

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Training For Dummies, presentation and marketing Personal Training: Theory and Practice is the ideal companion both for those embarking on a career in personal training and for experienced trainers.

Effective fitness instruction and

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Training programme design require an exercise specialist trainer to combine professional experience with strategies underpinned by scientific evidence. This is the first comprehensive fitness instruction and training programme design resource to explore the evidence-



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base of effective programme design, drawing on cutting-edge scientific research to identify optimum training methods and dispel some common myths around fitness training. Putting clients ' training goals at the centre of the process by focusing on their most common objectives – such as

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Trainer For Dummies  
Improving general health, enhancing cardiorespiratory fitness, decreasing body fat and increasing muscle mass – this book helps the reader develop a better understanding of the physiological principles at the core of successful programme design. Simple to navigate and full of helpful

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Trainer – including applied case studies, example training programmes and guides to further reading – it covers a variety of key topics such as: pre-exercise health screening lifestyle and fitness assessment nutrition cardiorespiratory (endurance),

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resistance and core training recovery from exercise. An essential text for fitness instructors, personal trainers and sport and exercise students, this book provides an invaluable resource for fitness courses, exercise science degree programmes and continued professional development for

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exercise professionals.

ACSM ' s Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people

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Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training

# Bookmark File PDF Becoming A Personal Trainer. For Dummies

This books is "the most comprehensive and authoritative resource for you as a personal trainer, whether you are a newcomer to the field or have a well-established business. The book is truly a complete

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Trainer - it's full of information

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



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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

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Marketing For Dummies,  
getting and retaining clients, and  
learning time management ; learn  
how to expand your business." - back  
cover.

This isn't a book on how to get clients,  
or a shortcut to becoming a celebrity

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Trainer. It's an honest approach on what to expect if you're thinking of becoming a personal trainer and to expose the fitness industries entry standards for what they are- RIDICULOUSLY TOO EASY. Did you know the average personal trainer takes a simple 120-question test and

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then considers themselves a "fitness professional?" The majority of social media "instafamous" personal trainers have no idea what they are doing and people are getting hurt because trainers lack education. The average personal trainer quits within the first couple of years, why? How To

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Trainer A Successful Personal Trainer will answer all of these questions and help prepare you to become the best.

Roadmap on How to Become A

Successful Personal Trainer:1- The Truth About the Personal Training Industry-Certifications vs.

Education2- The Average Day in the

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Life of a Trainer (Business Aspects of  
Becoming a Personal Trainer)3- How  
to Get Interviewed and Hired at a  
Corporate Gym (Equinox/Crunch/24  
Hour Fitness)4- How to Make 75k as a  
Personal Trainer (The Benchmark for  
Happiness)5- Interviews from Top  
Personal TrainersThe Show Up Fitness

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Academy has a Board of Education with top trainers, PhD's, and doctors, along with a four-month internship. Chris Hitchko has graduated over 700-personal trainers and knows the formula to become successful in the fitness industry. Throughout his twelve-year tenure, he's collaborated

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with top trainers, professors, nutritionists, and doctors, which allowed him to develop a Board of Education to make sure the material and scientific information is up-to-date. The Show Up Fitness Personal Training Academy Board of Education: Professor Jason Cholewa,



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PhD Exercise Science, Coastal

Carolina; Layne Norton, PhD

Nutritional Sciences, University of

Illinois; John Rusin, Doctorate in

Physical Therapy; Dean Somerset,

CSCS; Dr. Chris Perry, MD; Joel

Seedman, PhD, University of Georgia.

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"A look at personal training that goes beyond the textbooks." - Muscle & Fitness Now in a revised, expanded, and upgraded edition, Ignite the Fire is the highly practical approach to personal training already relied on by thousands of trainers Worldwide. Repeatedly called one of the "best

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Trainer For Dummies", it

provides a clear road map teaching you how to become a personal trainer, to getting a personal trainer certification, to building your career from the bottom up so you can build a clientele, your reputation, and income. HAVE YOU EVER wanted to

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know the best, high-integrity techniques to get more clients, run a fitness business, or have a solid system for selling personal training? You're not alone. For years Jon's been asked these questions so he read, watched, researched and interviewed the best in the world to compile

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**Trainer For Dummies**  
Ignite the Fire. This powerful book for certified personal trainers will show you how to: Find your dream job in the fitness industry (pg 26) Find, market to, and sell your ideal client while seamlessly dealing with objections (pg 64) Build amazing workouts for beginners (pg 124) Deal

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Trainer For Dummies (pg 160)

Develop multiple income streams while maintaining your reputation (pg 202) Ignite the Fire provides a clear road map to building your career from the bottom up so you can build a clientele, your reputation, and income.

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## Becoming A Personal Trainer For Dummies

Want to Break Into The Fitness Industry? Becoming a Personal Trainer For Dummies will guide anyone through the basics of becoming a personal trainer. Whether you 're looking to get certified and start your career in personal training

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Immediately or are curious about it and want to learn what is involved in becoming a personal trainer, we ' re here to help enlighten you with everything you need to know before you become certified. INSIDE: What it ' s like to be a personal trainer  
Different types of personal training



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Practices such as bodyweight training  
and yoga Getting to know HIIT and  
CrossFit The latest in wearable  
technology Business modeling  
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