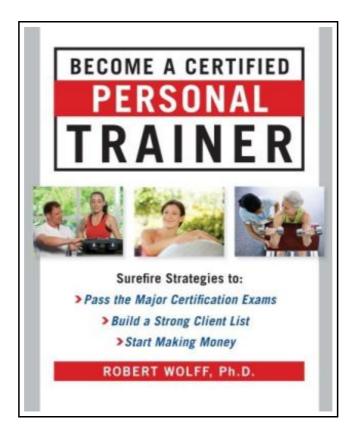
Become a Certified Personal Trainer: Surefire Strategies to Pass the Major Certification Exams, Build a Strong Client List, and Start Making Money



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

BECOME A CERTIFIED PERSONAL TRAINER: SUREFIRE STRATEGIES TO PASS THE MAJOR CERTIFICATION EXAMS, BUILD A STRONG CLIENT LIST, AND START MAKING MONEY



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 Wolff provides the tools you need to give you and your clients the best chance at success. Robert Wolff, Ph.D., is a former editor of Muscle Fitness and has worked with the world s biggest bodybuilding and fitness stars, including fitness legends Arnold Schwarzenegger and Evander Holyfield. Wolff is the author of numerous books including Bodybuilding 101; Robert Wolff's Book of Great Workouts; Home Bodybuilding; The Knockout Workout with Mia St. John; and Dr. Robert Wolff's Great Body, Great Life Program. He lives in New York City.

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

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

You May Also Like



Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

Read ePub »



Goodnight. Winnie (New York Times Best Books German Youth Literature Prize Choice Award most(Chinese Edition)

Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. HardCover. Pub Date: Unknown Pages: 40 Publisher: the Star Press Information Original Price: 32.80...

Read ePub »



The Complete Idiots Guide Complete Idiots Guide to Baby Sign Language by Diane Ryan 2006 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read ePub »



What s the Point of Life? (Hardback)

CF4kids, United States, 2014. Hardback. Book Condition: New. 208 x 145 mm. Language: English . Brand New Book. Abandoned by my mother, I was often clueless about my father s whereabouts, while his girlfriend-a cruel,...

Read ePub »



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Read ePub »