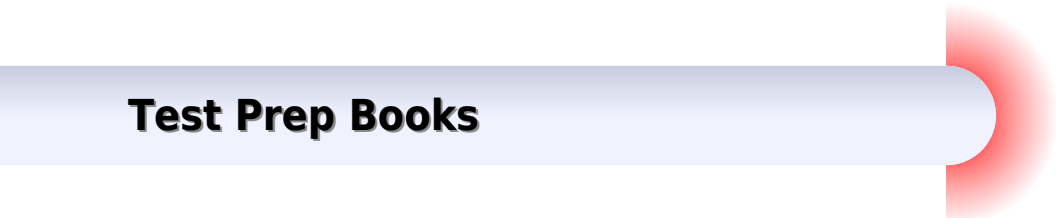


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Personal Trainer Certification Exam Prep Course (2nd Edition) Katie Donnelly, Starting-a-Personal-Training-Business.com (Firm), 2009-09-03 If you are preparing to take a personal trainer certification exam then you are going to want to take our prep course Designed by the personal trainers at Starting a Personal Training Business.com the course includes over 750 practice questions to help you pass your certification exam You don't just get a book but you also get free access to our online quizzes and a full length practice personal trainer exam Here is What You Get Over 750 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 28 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including certification specific sections on ACE ACSM AFAA

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ACE Personal Trainer Manual Ace Personal Training Manual Prep Team, Ace Personal Trainer Study Prep Team, 2018-05-16 ACE Personal Trainer Study Guide 2018 2019 and ACE Personal Trainer Exam Prep Book for the American Council on Exercise Personal Training Certification Exam *NASM Essentials of Personal Fitness Training* Nasm National Academy of Sports Medicine, 2020-11-20 NASM Essentials of Personal Fitness Training Seventh Edition teaches the foundations of exercise science fitness assessments nutrition and how to grow a personal training business Since 1987 the National Academy of Sports Medicine NASM has been a global leader in providing evidence based certification and specializations This text continues to lead the way by providing the most comprehensive resource for aspiring personal trainers health and fitness professionals and enthusiasts Through NASM s proprietary Optimum Performance Training OPT TM model this text teaches a systematic approach for designing exercise programs that can help anyone reach their fitness goals This text is a recommended resource for the NASM Certified Personal Trainer CPT certification The NASM CPT certification is accredited by the National Commission for Certifying Agencies NCCA *Personal Trainer Practice Test* Joe Cannon, 2012 **ACSM Guidelines for Certified Personal Trainers** Test Prep Books, 2019-05-31 Test Prep Book s ACSM Guidelines for Certified Personal Trainers ACSM Certification Review Resources Practice Test Questions Updated for NEW Outline Developed by Test Prep Books for test takers trying to achieve a passing score on the ACSM exam this comprehensive study guide includes Quick Overview of this ACSM CPT Study Guide Test Taking Strategies Introduction

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A Complete Guide to Personal Training Justin Bailly, 2014-07-23 This book has been written to give new instructors and people thinking about becoming personal trainers an insight into what is involved in this constantly evolving and popular profession giving you a clearer understanding and covering a wide selection of topics Everything you need to know about personal training is covered in this book covering subjects from how to get qualified and getting started to running your business

Personal Fitness Training Joe Cannon, 2008-10 As a self employed personal trainer and someone who certifies personal trainers Joe Cannon has his finger on the pulse of what it takes to be a successful fitness professional

[ACE Personal Trainer Manual](#) American Council on Exercise, 2003 The ACE Personal Trainer Manual is an essential study tool for the ACE Personal Trainer Certification Exam and an excellent fitness and exercise resource students will use throughout their health and fitness careers This Third Edition reflects the latest research findings and industry guidelines in the field of health and fitness Revised and updated by the original authors and enhanced by the addition of a new chapter on health behavior and psychology this text covers every aspect of personal training from anatomy and physiology to injury prevention and legal issues

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