



AMERICAN COUNCIL ON EXERCISE

The Exercise Professional's Guide to Personal Training



A Client-centered Approach to Inspire Active Lifestyles

American Council On Exercise Study Guide

Alison Downs



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 people the thought of getting into shape or just the act of exercising for that matter is like throwing a speeding locomotive
 into reverse An enormous amount of energy has to come to a loud grinding halt in a short period of time and then slowly
 begin to move in the opposite direction Getting into shape biologically is a relatively easy process the hard part more often
 than not is simply getting started Being physically fit takes commitment discipline concentration and an overall desire to
 succeed Making the commitment to physical fitness in many ways presents a greater challenge than the weights and workout
 routines that will follow and in the beginning many people make the mistake of training too hard and too fast causing
 soreness frustration and discouragement Walking blindly into a gym and grabbing a piece of equipment in the hopes that
 something will happen will never work To achieve your fitness goals you need to plan your work and work your plan Body
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