

Online Library **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 – Gym. Level 2 Diploma in Health, Fitness, and Exercise Instruction. Level 2 Diploma in Instructing Exercise and Fitness.

~~How To Become A Personal trainer | Explore Jobs | UCAS~~

Becoming a personal trainer: Everything you need to know. 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~~

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...

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Direct Application. You can apply to become a personal trainer ...

~~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 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.

~~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 - 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 ...~~

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 individual fitness regimes enabling them to meet their goals.

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

To be eligible for the NASM Personal Trainer Certification Exam, you must: Have a high school degree or GED Hold a current cardiopulmonary resuscitation (CPR) certification Hold an automated external defibrillator (AED) certification.

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

How To Become A Personal Trainer. 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.

~~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 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 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: 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 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....

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

~~Becoming a Personal Trainer For 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 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~~

With more than 6 million people working out with personal trainers, a clear path to a variety of certifications through

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organizations like the American Council On Exercise (ACE), and a fitness...

~~8 Signs You Would Be an Awesome Personal Trainer~~

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 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 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 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 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 niche Study for and pass certification exams Attract, keep, and motivate clients Interview, hire, and manage employees Update your training skills Expand your services

div style="margin: 0px; padding: 0px; user-select: text; -webkit-user-drag: none; -webkit-tap-highlight-color: transparent; overflow: visible; cursor: text; clear: both; position: relative; direction: ltr;" A user-friendly

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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 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:

- div style="margin: 0px; padding: 0px; user-select: text; -webkit-user-drag: none; -webkit-tap-highlight-color: transparent; position: relative;">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

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 prepare for the ACSM Personal 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 programs.

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. 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. Exercise boxes demonstrate core exercises and detail the necessary preparation and

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movement. Other features include research notes, memory joggers, safety tips, and review questions.

If you love fitness and you're looking for an alternative to the typical 9-5 office job, *The Everything Guide to Being a Personal Trainer* will help you turn your passion into a career. Opportunities for professional fitness trainers are everywhere—fitness clubs, college athletic programs, even professional sports teams. *The Everything Guide to Being a Personal Trainer* is a step-by-step guide that will take you from gym rat to fitness guru in no time. This easy-to-follow book progresses from training to certification with tips to help you:

- Choose a work environment
- Set up a business plan
- Find, motivate, and keep clients
- Learn about marketing and networking

Written by two personal-training professionals, *The Everything Guide to Being a Personal Trainer* is all you need to get started in the exciting, growing field of fitness.

"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 books for personal trainers", 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 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 *Ignite the Fire*. This powerful book for certified personal trainers will show you how to: Find your

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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 with difficult client types (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.

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

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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.

A best-seller now features more than 600 full-color illustrations--adding 48 pages of new exercises and stretches for each of the major muscle groups--to give readers an understanding of how muscles perform while training, in a resource that combines the detail of top anatomy texts with the best of strength training advice. Original.

Comprehensive and research based, the second edition of NSCA's *Essentials of Personal Training* is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's *Essentials of Personal Training, Second Edition*, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols. New information is

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presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training. Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training. New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains, and hip arthroscopy. New guidelines for determining resistance training loads will assist those whose clientele includes athletes. A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness. A new instructor guide and image bank aid instructors in teaching the material to students. NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs. Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations. Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy. In addition, the book provides clear, easy-to-

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understand guidelines for initial client consultation and health appraisal. For those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter. These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day. For efficient self-study, answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while sidebars throughout the text present practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals. Unmatched in scope, this text remains the leading source for personal training preparation and professional development.

Head-to-toe preparation for a 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 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 Trainers 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

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the gym Business lessons: 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 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 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 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 including professional conduct, 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.

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