

Scenar Personal Training Manual

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this book delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today including behavior change expertise coaching philosophy and new technical standards for fitness

this book 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 resource 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 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 marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

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2021 edition this study guide covers everything on the exam and references the exercise professional s guide to personal training by the american council on exercise includes 50 practice questions very similar to the actual exam the previous american council on exercise personal trainer manual fifth edition is still a valid tool to use for the exam the new guide has the updated preparticipation screening blood pressure categories and introduces the new ace mover method and abc approach however both textbooks and this study guide cover the same topics that you will be tested on the exam content outline has not changed the guide is organized in the following four performance domains domain i client interviews and assessments domain ii program design and implementation domain iii program progression and modifications domain iv professional conduct safety and risk management studying made simple save time study smarter not harder includes key concepts with required information needed for the exam includes detailed descriptions of assessments anatomy training principles and more includes quick reference pages for helpful resources formulas conversions and acronyms includes detailed practice question answers with explanations on how the answers were obtained cpt prep is not affiliated with or endorsed by any official testing organization all organizational and test names are trademarks of their respective owners

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