



**PERSONAL  
TRAINER**

# Your Personal Trainer

**Tom Holland**



## **Your Personal Trainer:**

**Your Personal Trainer** Douglas Brooks,1999 Presents individually tailored training programs and customized fitness workouts designed to maximize workout goals shed pounds and add muscle increase endurance and stay motivated Chapters are organized in sections on training essentials and components training programs and training targets Includes bandw photos assessment forms and planning sheets The author is a certified personal trainer and is fitness training director at Snowcreek Resort and Athletic Club Annotation copyrighted by Book News Inc Portland OR *Your Personal Trainer* Anne Goodsell,1994 **The Complete Book of Personal Training** Douglas Brooks,2004 This books 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 *The Personal Trainer's Legal Bible* Gary W. Pitts,2014 PERSONAL TRAINERS are not just fitness professionals they could be the saviours of the global health care system life changers As pioneers in this budding field in the health and wellness industry trainers face misinformation and myths about the fitness industry What s more due to negative portrayal in the media the common perception of personal trainers is less than stellar This situation coupled with the relative lack of regulation means that there are many legal issues that you must be aware of in order to stay safe in your day today practice As is the case for any practitioner of a health related profession you must be aware of the legal ramifications of your decisions and advice But the legal education provided to personal trainers is virtually nonexistent In this guidebook author Gary Pitts a master strength coach and Canada s premier fitness lawyer provides the knowledge you need for your practice Following the principles of MISS make it simple stupid Gary has compiled information on the entire spectrum of fitness specific legal issues most of which are largely unknown or misunderstood by even the most seasoned veterans in the personal training industry If you re serious about your personal training career explores these important issues and start building your protective legal strategies now *I AM YOUR PERSONAL TRAINER - I Can Fit Into Your Schedule* - Azbooks,2019-12-22 This in an ideal notebook for Personal Trainers in order to motivate their client not to quite or making any excuse not to have time to be thereIt s a smart investment to have a small collection from it as reminder your client will not have an excuse to quiteOr maybe by giving as Gift at any occasion would be also a smart way to keep a client as long as possible now days Dimensions 6 x 9 Page count 60 sheets 120 Pages Cover Matte **The Business of Personal Training** Scott Roberts,1996 Whether you are considering a

career as a personal trainer or searching for ways to increase revenue and gain new clients for your existing business you'll find *The Business of Personal Training* to be an indispensable reference. Written by some of the most successful personal trainers in the country, this book provides the foundation for building your personal training business. *The Business of Personal Training* discusses not only how to build a solid business but also how to be an effective trainer. After an outline of the history of the profession and the qualifications needed to be a personal trainer, the book explains how to develop a mission statement and business plan, create strategic and creative marketing plans, establish prices for services, hire and train staff members, improve client-trainer communication, motivate clients, and help them set goals and design appropriate exercise programs. Nineteen sample forms make it easy for you to put the ideas presented into practice. Learn from veteran personal trainers what it takes to succeed. The practical advice provided in *The Business of Personal Training* is valuable for new and established trainers as well as for health and fitness administrators who supervise personal trainers.

**The Business of Personal Training** Mark A. Nutting, 2018-02-13

Running a personal training business is not easy. From marketing and sales to budgets, staffing, and clientele issues, there is much to consider. Getting it right takes time; that you would probably rather spend improving your clients' fitness and wellness. *The Business of Personal Training* walks you through the business-based side of personal training while teaching you the valuable skills you'll need to start, build, and grow your business. Whether you are a personal trainer working for a fitness facility, an independent contractor, or the owner of a personal training business, you will benefit from the practical business guidelines and tools presented in this book. Divided into two main parts, *The Business of Personal Training* will first give you an understanding of the various roles open to you and the expectations in each. The second part will lead you through key business concepts designed to grow your business. You'll learn how to structure your business plan for startup expenses and financing and get the right staff in place. You'll find critical information on marketing and promoting the services you offer effectively, selling and generating revenue, driving referral business, and customer loyalty, and expanding and diversifying your business. Two appendixes offer sample templates and forms: Nine business plan templates cover letter, executive summary, business or company description, market analysis, and demographics; competitive analysis; management plan; financial plan; capital required; and marketing plan. Seven personal trainer-client forms: PAR-Q, personal wellness profile, physician's clearance, informed consent, and release; assessment recording form; cleaning checklist; and facility and equipment maintenance log. As an added bonus, a companion web resource provides the templates and forms in an electronic format so you can customize them as needed. A third appendix provides a list of business resources. There is no need to be overwhelmed with all that goes into running your personal training business successfully. *The Business of Personal Training* is a comprehensive, digestible, and applicable resource that will take your business to the next level, giving you more time for what's most important: Earn continuing education credits. A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a

package that includes all the course materials and exam The Successful Trainer's Guide to Marketing Sherri McMillan,2000 **My Personal Trainer** John Duffy,1996 Now you can hire one of Hollywood s most sought after personal fitness trainers for only 11 95 My Personal Trainer is a uniquely designed fully illustrated interactive health and fitness guide that can benefit anyone This six month guide is an easy to follow step by step program based on walking Each month a new exercise is added to strengthen and tone the major muscle groups Along the way My Personal Trainer shows how to improve eating habits suggests realistic healthy choices for natural weight control and provides tips on improving sleep habits The book combines exercise diet and rest in a motivating weekly appointment format that puts clients readers in touch with their own bodies Fitness Facility Management Steven A. Trotter,Chris Stevenson,2024-10-14 Readers will learn to manage various kinds of fitness facilities including for profit and non profit facilities large commercial chain facilities boutique facilities school or organization facilities and others Topics include marketing and promotions recruiting onboarding evaluating and offboarding staff risk management and emergency preparedness building and equipment acquisition and maintenance and program development Readers will learn practical methods to build promote staff and maintain fitness facilities that attract and keep clientele **How To Become A Personal Trainer, How To Find Clients As A Personal Trainer, And How To Be Highly Successful As A Personal Trainer, And How To Generate Extreme Wealth Online On Social Media Platforms By Frequently Creating Income Generating Assets** Dr Harrison Sachs,2020-02-08 This essay sheds light on how to become a personal trainer how to find clients as a personal trainer and how to be highly successful as a personal trainer Moreover how to generate extreme wealth online on social media platforms by frequently creating ample lucrative income generating assets is elaborated upon Additionally the utmost best income generating assets to abundantly produce in order to be able to generate extreme wealth online in the digital era are identified how to become a meritoriously successful influencer online on social media platforms is elucidated the various benefits of becoming a successful influencer online and attaining extreme fame leverage are demystified and how to earn substantial money online so that you afford to inexplicably enrich every aspect of your life is meticulously expounded upon in this essay While becoming a personal trainer may seem to be a cumbersome undertaking in the digital era it is more viable than ever before Advantageously pursuing a career as a personal trainer can allow you to pivot to embracing your higher aspirations and having more robust career options in the future years In other words embracing a career as a personal training can often be a versatile jumping off point for other career opportunities such as being a fitness instructor a health writer Laferrara 2019 or global educator In order to become a personal trainer you will need to first and foremost get certified as a personal trainer Laferrara 2019 As a prospective personal trainer it would therefore behoove you to become certified by a certifying organization that has been accredited Certifying organizations have their certification procedures and protocols accredited by an independent third party such as the NCCA or DEAC Laferrara 2019 In order to be able to take the Personal Trainer

Certification Exam most certifying organizations require that you have already obtained the CPR certification and AED certification have earned a high school diploma or GED and are at least 18 years old The costs to become a Personal Trainer and take the Personal Trainer Examination varies from about 300 to significantly more than 1000 and may not include the study materials nor access to workshops Laferrara 2019 Once you have passed the Personal Trainer Certification Exam you will have to complete continuing education requirements such as completing 20 60 hours of continuing education courses every two years in order to preclude having your Personal Trainer Certification expire Once you have passed your Personal Trainer Certification Exam you will be poised to find a job as a personal trainer You can work for a fitness center as an employee or be an independent contractor for a business without having to deal with the onerous burden of having to find your own clients Personal trainers can work at commercial gyms personal training studios local community centers hospitals wellness centers cruise ships resorts and corporate fitness centers Working at a popular commercial gym can be a great way to get experience and many of those clubs such as XSport 24 Hour Fitness Gold s Gym and Planet Fitness often hire new trainers all the time Some of the ample drawbacks can be lower pay working on commission lots of selling and having to work long hours doing new member orientations to get new clients Laferrara 2019 Being employed at other work sites also has its shortcomings Even though many hospitals employ personal trainers to help patients recover from illnesses and conditions Laferrara 2019 personal trainers render themselves more vulnerable to contracting a virus by working in a hospital setting Working at a hospital may require a higher degree or a specialty for working with clients who may have health challenges Laferrara 2019 A myriad of personal trainers prefer to work on cruise ships or at all inclusive resorts

**Beat the Gym** Tom Holland,2011-04-12 Are you Fed up with all the mixed messages on how to be fit and lose weight Intimidated by the gym s machines weights or classes Discouraged as you ve worked out in the past but have seen no results Frustrated that you can t afford a personal trainer to help motivate and guide you If you answered yes to any of these questions Beat the Gym is the book for you I know what works and I want you to love the gym and finally achieve the body and level of fitness that YOU want I have spent decades sculpting bodies in the top gyms of New York City those of celebrities CEOs professional athletes weekend warriors and real people and now I am ready to share all my personal training secrets Beat the Gym demystifies fitness and diet and best of all includes more than fifty of my best and most proven workouts Together we can beat the gym and get you the body you deserve Personal Fitness Charles S. Williams,2004-04-28

**Acp Personal Trainer User Guide for Blackboard-Harper** ,2004-08 **Throw Out Your Scales** Andrew Cate,2011-02-01 Discover how to keep yourself motivated conquer your food weaknesses and get off the dieting treadmill You are unique What works for your friend or partner may not work for you Why stick to a diet for everyone when you can tailor your own weight loss plan to suit your lifestyle no matter how busy you are Inside are questionnaires quizzes and goal setting tables that will become part of your own personal action plan to help you ditch those excess kilos for

good Easy to follow fat loss tools will put you back in control of your weight and your life Discover how to keep yourself motivated conquer your food weaknesses and get off the dieting treadmill *Selling Personal Training* Ron Thatcher,2005 Selling Personal Training is an income producing system that was created to help personal training professionals in the health club industry improve their ability to recruit and enroll new clients **Personal Trainer Certification Exam Prep Course** Katie Donnelly,Personal Trainers,2008-04-25 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 500 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 500 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 20 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including ACE ACSM AFAA ISSA NASM NCSF NFPT NSCA NPTI NESTA WITS and many others Detailed 8 day online study planner to help you organize your studying guiding you through more than 15 hours of review **How to Start a Home-Based Personal Trainer Business** Laura Augenti,2010-01-06 Making money from exercise may seem like a pipe dream to many but in fact physical fitness is fast becoming one of America s hottest new professional fields Here a successful personal trainer gives expert advice on every aspect of setting up and running a home based personal trainer business Readers will learn how to get started develop a service manual screen clients serve customers learn from the competition and set up a home office as well as how to use the Internet to develop one s business Turn your fitness passion to profit Get trained and certified Set your own schedule Establish long term client relationships Become the trainer everybody wants **Program Design for Personal Trainers** ,1993 **A Personal Trainer's Guide to Wealth Creation** Bradley Sheppard,Jason Urbanowicz,2012 Finally A Bestselling Book For Personal Trainers That Unpacks The Secrets On Success In Your Fitness Business If you have ever dreamed of having a successful Personal Training Business then A Personal Trainers Guide To Wealth Creation will show you how to achieve an extraordinary business that will give you the lifestyle that you not only desire but also deserve Learn the secrets on what it takes to be the best in an easy to read step by step guide on developing a profitable Personal Training company Here s a Taste of What s In the Book How to overcome self sabotaging beliefs that can roadblock success in running a successful business The mindset of the Six Figure Personal Trainer what it takes to make over 100 000 year doing what you love With Thousands Of Personal Trainers Graduating Yearly How to stand out from the pack and make yourself the obvious best choice How to attract a hungry swarm of clients to your Personal Training business The skills on how to take the sales out of selling and feel 100% confident and convert more leads into long term cash flow How to build a team of Personal Trainers which enables you to work less hours in your business while earning passive income How to master the art of the internet and social media to create a tribe of

followers

## The Enigmatic Realm of **Your Personal Trainer**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Your Personal Trainer** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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