

[Library ebook] Become a Certified Personal Trainer (H/C)

Become a Certified Personal Trainer (H/C)

Robert Wolff

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BECOME A CERTIFIED PERSONAL TRAINER




Surefire Strategies to:

- > *Pass the Major Certification Exams*
- > *Build a Strong Client List*
- > *Start Making Money*

ROBERT WOLFF, Ph.D.

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Robert Wolff : Become a Certified Personal Trainer (H/C) before purchasing it in order to gage whether or not it would be worth my time, and all praised Become a Certified Personal Trainer (H/C):

1 of 1 people found the following review helpful. Great information on all programsBy Meghan EllNot quite what I expected. Great information on all programs, but very little on testing of programs.2 of 2 people found the following review helpful. InformativeBy SamVery good informative book in good condition.Very concise and to the point on the subject of the major personal training certifications in the industry.A very good book for those entering the industry.6 of 6 people found the following review helpful. Good if you wonderingBy CustomerThe book was helpful with breaking down each program and what they require for you to get certified but not really about what being trainer means.

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 *MuscleFitness* 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 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.

About the AuthorMeet the AuthorAbout Robert WolffRobert Wolff's publishing career began more than 20 years ago, when fitness and publishing legend, Joe Weider (founder and publisher of *Shape*, *Muscle Fitness*, *Men's Fitness* magazines) asked him to write for his magazines. During his tenure with Joe Weider, Joe sent Robert all over the world to interview the biggest names in fitness, science and entertainment including two-time Nobel winner, the late Dr. Linus Pauling, World Heavyweight Boxing Champion, Evander Holyfield, Arnold Schwarzenegger and hundreds of others. At the age of 34, Robert was awarded an Honorary Doctorate of Letters in recognition of his accomplishments in motivating people all over the world to change their lives through health and fitness. Robert's magazine columns have enjoyed a global reach of more than 7 Million readers a month, in 60 countries and in 15 foreign language translations. His writings have appeared all over the world including hundreds of internationally published articles in newspapers and magazines including *Cosmopolitan*, *SHAPE*, and others. He has interviewed Academy, Grammy, Emmy, Golden Globe and Nobel award winners and written more than 30 books and has a worldwide following of readers in more than 65 countries.