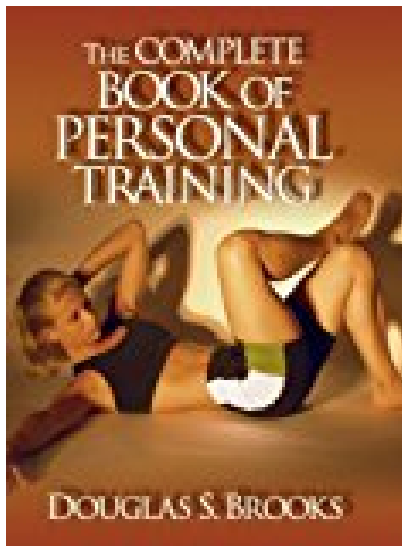


The Complete Book of Personal Training



BOOK DETAILS

- Author : Douglas Brooks
- Pages : 608 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736000135

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BOOK SYNOPSIS

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 - its full of information about working with clients and designing programs, and its 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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