

Gymme Gym Personal Trainer

Douglas Brooks

The Everything Guide To Being A Personal Trainer Kate Kenworthy, Stephen A. Rodrigues, 2007-03-13 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.

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

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 Nutting, Mark A., 2019 From marketing and sales to budgets, staffing, and clientele issues, 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.

Becoming a Personal Trainer For Dummies Melyssa St. Michael, Linda Formichelli, 2011-03-08 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 A user-friendly 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: 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 programs Advance your clients to the next fitness level Manage legal issues and tax planning Train clients with special needs Complete with ten ideas to expand your services (such as adding workshops or selling equipment or apparel) and a list of professional organizations and resources, Becoming a Personal Trainer For Dummies gives you the tools you need to be the best personal trainer you can be. Grab your own copy to get the most out of this fun, fabulous career.

Becoming a Personal Trainer For Dummies Shannon Austin, 2022-08-12 Strongarm your way into the fitness industry Interested in becoming a personal trainer? Becoming a Personal Trainer For Dummies is, obviously, the book you need. Even if you know nothing about this career path and industry, this book will guide you through the basics and take you all the way through certification and getting your first job. We're here to enlighten you on what's involved in a personal training career and teach you everything you need to know to become certified. This updated edition covers current information on topics like social media, wearable technology, outdoor and virtual training, and newer workouts like CrossFit, Active Aging, and more. Learn what it's like to be a personal trainer and discover if this career is for you Distinguish the different types of personal training Get the latest on wearable technology and other tricks of the trade Know what to expect when getting your certification and searching for jobs or clients Authored by a

longtime fit pro who knows personal training inside and out, *Becoming a Personal Trainer For Dummies* shares expert insights in a fun, digestible way.

Beat the Gym Tom Holland, Megan McMorris, 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.

Foundations of Professional Personal Training Can-Fit-Pro (Organization), Canadian Fitness Professionals Inc., 2022-08-20 Developed and written by canfitpro, this third edition of *Foundations of Professional Personal Training* contains essential information for building a successful career as a personal trainer and preparing for canfitpro's Personal Training Specialist (PTS) certification.

Fitness Trainer Essentials: for the Personal Trainer with Online Study Tools 12 Months Tony Attridge, Martine Felice, 2015-10-12 Beat your personal best by working the core to becoming a Fitness Trainer This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification, studying to become personal or fitness trainers. The text contains core and elective units to support a range of fitness specialisations. *Fitness Trainer Essentials 3e* teaches the basics of fitness and nutrition principles, covers more on functional testing and nutritional assessment and guidelines. With a shift to full colour throughout and an abundance of new and improved images, charts and diagrams, this new edition is the most comprehensive text reflecting current industry standards and practices. *Fitness Trainer Essentials 3e* assumes that the reader has acquired the Certificate III in Fitness qualification. Therefore the topics covered in the text by Marchese have not been repeated in this text. Additional review questions are also available to retouch on key points from a Certificate III perspective.

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 TRAINER AS YOUR JOB Lexi Harris and PJ MEDINA, 2014-01-15 *Personal Training As Your Job* is a step by step guide that gives you the tools to become a personal trainer, find employment that fits your goals, and kick start your success as a professional. The skills and habits outlined in this book will last throughout your entire career.

How to Be a Successful Personal Trainer Chris Hitchko, 2017-07-05 This isn't a book on how to get clients, or a shortcut to becoming a celebrity trainer. It's an honest approach on what to expect if you're thinking of becoming a personal trainer and to expose the fitness industries entry standards for what they are—RIDICULOUSLY TOO EASY. Did you know the average personal trainer takes a simple 120-question test and then considers themselves a fitness professional? The majority of social media instafamous personal trainers have no idea what they are doing and people are getting hurt because trainers lack education. The average personal trainer quits within the first couple of years, why? *How To Become A Successful Personal Trainer* will answer all of these questions and help prepare you to become the best. Roadmap on How to Become A Successful Personal Trainer: 1- The Truth About the Personal Training Industry—Certifications vs. Education 2- The Average Day in the Life of a Trainer (Business Aspects of Becoming a Personal Trainer) 3- How to Get Interviewed and Hired at a Corporate Gym (Equinox/Crunch/24 Hour Fitness) 4- How to Make 75k as a Personal Trainer (The Benchmark for Happiness) 5- Interviews from Top Personal Trainers The Show Up Fitness Academy has a Board of Education with top trainers, PhD's, and doctors, along with a four-month internship. Chris Hitchko has graduated over 700 personal trainers and knows the formula to become successful in the fitness industry. Throughout his twelve-year tenure, he's collaborated with top trainers, professors, nutritionists, and doctors, which allowed him to develop a Board of Education to make sure the material and scientific information is up-to-date. The Show Up Fitness Personal Training Academy Board of Education: Professor Jason Cholewa, PhD Exercise Science, Coastal Carolina; Layne Norton, PhD Nutritional Sciences, University of Illinois; John Rusin, Doctorate in Physical Therapy; Dean Somerset, CSCS; Dr. Chris Perry, MD; Joel Seedman, PhD, University of Georgia.

Confessions of a Certified Personal Trainer Robert Linkul MS CSCS, 2011-06-27 Robert's commitment to the personal training business earned him the honor of serving the National Strength and Conditioning Association as their Northern California State Director (2010-2012). Robert has his masters degree in personal training, his bachelors degree in kinesiology, is a certified strength and conditioning specialist with distinction, a certified NSCA

certified personal trainer with distinction as well as a certified USA Weightlifting Level I coach. I have grown tired of all the fads and myths of the certified personal training business and decided I would put out a email to all my clients discussing a topics like site specific reduction or crash diets. The support I received after sending out the first newsletter inspired me to keep writing. My goal is to change the way people think of fitness. I call it the fitness revolution. This book is a combination of education, experience and research all put together and thrown down on paper. These are my confessions as a certified personal trainer. Many trainers will not tell you information like you will read in this book. That is why I call it a revolution. We are breaking away from the norm and developing something new. With science and research as my guide, I will educate you on a new way to train, the right way to training.

CHOOSING THE RIGHT PERSONAL TRAINER Pamela Harrelson,2020-02-18 Let seasoned Personal Trainer and Nutrition Coach, Pam Harrelson, take all the mystery out of Personal Training for you! What does it cost? What will take place? What are red flags in your initial consult? These 15 pages are from twenty three years of working in athletic clubs, obtaining Personal Training educational units, and working with many, many clients one on one. Many trainers incorporate health coaching within the training. Pam has done that for 23 years way ahead of the health coach craze. There is no wrong trainer. There are a variety of approaches from trainers. There is no one size fits all for client programs or that any trainer will be a good fit for a client. This little book will help you get the right fit and feel that your investment in yourself was worth every penny. All trainers have great passion for health and fitness. Their passion is contagious!

NPTI's Fundamentals of Fitness and Personal Training Henriques, Tim,2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers, helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals.

The Personal Trainer's Handbook Teri S. O'Brien,2003 Click here for screenshots of the software. Starting your own personal training business or wanting to improve your existing practice? With the updated and expanded second edition of the popular The Personal Trainer's Handbook, you'll have all the advice and tools you'll need to succeed. Like the popular first edition, this easy-to-use reference is written in everyday language and covers everything from designing safe and effective fitness programs to handling even the most difficult clients. You will learn how to achieve personal and financial success as a personal trainer, how to attract and keep clientele, and how to manage taxes and other business issues that are crucial to a personal training business. With the new edition, you'll also get a succinct but comprehensive review of exercise physiology that's directly applicable to your business. This text includes a valuable new CD-ROM with the following features: ·10 reproducible forms you can use and modify to manage the commercial, practical, and legal requirements of your business ·Forms for data collection and record keeping ·Charts and tables for writing the most beneficial exercise program for each client ·Handouts you can print and give to clients to reinforce your training The Personal Trainer's Handbook, Second Edition, also features an improved resistance workout guide. The guide contains ·instructions and illustrations for 74 exercises and 17 stretches, ·important reminders to give your clients to ensure ongoing correct form, and ·tips on how to handle or avoid common problems that you or your clients may experience with each exercise. In addition, the resistance workout guide now contains a handy box on the outer edge of each page that has listings of the primary and secondary muscles and the area of the body worked by each exercise. This will help you quickly locate appropriate exercises for each client. The author, Teri O'Brien, is a well-known consultant on starting and growing personal training businesses and a former lawyer and personal trainer. She uses a clear, friendly, and entertaining writing style to share a wealth of practical guidance. With The Personal Trainer's Handbook, Second Edition, you will become a more effective self-marketer, businessperson, motivator, and teacher for your clients

I Hate Selling for the Fitness Professional: 6 Steps to Making Serious Money in the Fitness Industry Ryan McKenzie,Allan Boress,2016-12-20 Most fitness professionals love helping people change their lives, but many struggle to gain new clients and build a profitable business. They end up drained instead of energized, worried instead of free, tied down instead of creating their own schedule! Following these six simple steps of I Hate Selling for the Fitness Professional will empower you to build your business from the bottom up and keep it growing-all while maintaining your love of serving your clients and members. This book will free you from the ups and downs of the fitness world and help you reach more people than ever before.

A Professional's Guide to Small-Group Personal Training Keli Roberts,2021-01-25 Clients often find the camaraderie of group training to be engaging and fun, motivating them to commit to regular activity. But participants also appreciate a more personalized experience, with focused attention from the instructor. That's where small-group training comes in. A Professional's Guide to Small-Group Personal Training is a much-needed resource designed to help you successfully lead training sessions for small groups—incorporating group dynamics and your knowledge of training principles to develop business offerings that will create a new stream of revenue. Learn how to apply group dynamics and social interaction to create a comfortable environment for clients who enjoy personal training in a group setting. Develop the skills necessary to quickly modify work for each participant to keep your entire group engaged and progressing toward their fitness goals. Increase client performance, adherence, and enjoyment while growing relationships between yourself and your clients—and your clients' relationships with one another—with proven strategies for success. You'll find 12

sample programs with dynamic warm-ups and cool-downs, all suitable for a variety of needs and fitness goals, that will keep groups moving from beginning to end. Also included are over 70 exercises, complete with descriptions and variations that will enable you to quickly modify exercises for group members who are more advanced or less advanced than the rest of the group. With A Professional’s Guide to Small-Group Personal Training, you’ll maximize your training hours and increase your revenue potential while creating a fun, safe, and motivating environment for your clients.

Fitness Trainer Essentials For the Personal Trainer 4e Tony Attridge,Martin Felice,Kirsten Fagan,2023-12-01 Fitness Trainer Essentials, 4e has been written for students undertaking the SIS40221 Certificate IV in Fitness qualification, studying to become personal fitness trainers. The text contains all core and popular elective units to support a range of fitness specialisations. Fitness Trainer Essentials, 4e provides the knowledge to support students to be able to develop, instruct and evaluate personalised exercise programs for generally healthy and low risk clients, and to achieve specific fitness goals. With new and improved images, charts and diagrams, this new edition is the most comprehensive text reflecting current industry standards and practices. As with the previous edition, Fitness Trainer Essentials, 4e assumes that the reader has acquired the Certificate III in Fitness qualification and therefore the Fitness Trainer Essentials, 4e is used as an advancement on the Certificate III in Fitness qualification.

The Total Gym Ball Workout Steve Barrett,2012-05-17 The ultimate 'one stop' guide to using this bestselling piece of equipment - not just in the gym but at home too. Practical and easily accessible, The Total Gym Ball Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way. The Total Gym Ball Workout is brimming with ideas for using this popular piece of fitness equipment. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear. - Each exercise idea is organised by fitness level and includes follow-up and extension ideas. - Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

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