

# My Personal Trainer

Sr PhD Pastor Shaolin MB Abrams Sr.,Pastor Shaolin MB Abrams

*Holy Spirit, My Personal Trainer* Jennifer Ritchie, 2012-06-12 Do you struggle to lose weight and keep it off? Have you gone from one diet to another, trying to find the right one that will give you permanent success? As a believer, do you have a desire to honor God with your body, recognizing that it is a temple of the Holy Spirit? If your answer to these questions is yes, then you too can learn, as Jennifer did, that inviting the Holy Spirit to be your personal trainer is God's best success plan for you. Applying the principles taught in this book can take you to new levels of freedom in all areas of your life. God is interested in far more than just your physical well-being. His personal, unique plan for you encompasses everything. Join Jennifer on this journey to complete physical, emotional, and spiritual health, as you dig into God's Word and develop a close relationship with the Holy Spirit. Let Him become your personal trainer, leading you to the truth that will set you free.

*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

**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.

**My Gym Trainer** LeAura Alderson, 2008

**Personal Trainer Notebook** PersonalProxx Press, 2020-11-02 Great Gift for Personal Trainers! The Book Contains: 110 Pages 6x9 Size Quality Paper Awesome Cover Order Now and Make it an Unforgettable Experience!

*Holy Spirit, My Personal Trainer* Jennifer Ritchie, 2012-06 Do you struggle to lose weight and keep it off? Have you gone from one diet to another, trying to find the right one that will give you permanent success? As a believer, do you have a desire to honor God with your body, recognizing that it is a temple of the Holy Spirit? If your answer to these questions is yes, then you too can learn, as Jennifer did, that inviting the Holy Spirit to be your personal trainer is God's best success plan for you. Applying the principles taught in this book can take you to new levels of freedom in all areas of your life. God is interested in far more than just your physical well-being. His personal, unique plan for you encompasses everything. Join Jennifer on this journey to complete physical, emotional, and spiritual health, as you dig into God's Word and develop a close relationship with the Holy Spirit. Let Him become your personal trainer, leading you to the truth that will set you free.

*FIT ME - Professional System of Nutrition and Training* Florin Mihai, 2020-05-01 What's in the complete FIT ME guide? FIT ME is a unique combination of nutrition and exercise. Follow the programmes separately, but together they deliver the results you are looking for. \*Training plan for 11 weeks - A detailed plan for every day. All you need: 2 adjustable dumbbells - Just 45-60 minutes a day for

three days a week - The most effective exercises and techniques - Carefully controlled progression and intensity - Develop all muscles evenly - Burn fat quickly - Develop strength, mobility and muscle tone I want you to get it right! - Step by step instructions. - Click on the workout plan to see a demonstration video. - Learn the key points to pay attention to in executing each exercise. - Prevent injuries and exercise safely \*Understand the principles that lead to accelerated weight loss and the development of muscle mass Unattractive fat will disappear from all areas, leaving a fit and shapely body. Modern and professional nutritional plan Once you learn how to be really healthy you will also learn how to reach and maintain your optimal weight. The FIT ME programme is all about healthy lifestyle. - Nutritional strategies related to a healthy lifestyle. - Clear explanations of which foods to eat, when and why - Creating a food plan tailored to your personal needs - Principles that allow you to burn fat and grow muscle mass - Nutritional tips and secrets from top experts in the fitness industry \*Valuable information and secrets for effective and healthy weight loss and a fit and attractive body - Metabolic adjustment and maintenance of weight loss - The crucial role of hormonal optimization - Myths and illusions that have sabotaged your previous weight loss attempts - Implementing modern motivational methods Remember the goal – a fit and healthy body

There's a story behind the FIT ME book It's hard for me to describe why one person's pain and struggle with obesity had such an impact on me. All I know is that it did – and that my own life took a different path as a result. I was on my way home after a busy day – standing in the corner store trying to remember what I was meant to buy for the kids. As I called home to ask, What did you say I had to buy? I heard the beep of someone calling me. I'll call you right back, someone's calling me. It was a call from an unknown number. Even though I had had a busy day, I still answered the phone, Hello, FM Personal Trainer, how can I help you? Hi, I need help... Please! I could hear the sadness and despair in the voice. This was someone who really needed help! He says he has to lose weight and needs to see me immediately. It's late, and I try to schedule for another day, but he insists, and I can hear from his tone that he can't stand much delay. So I agree and start driving to the indicated location. He tells me that he'll wait in front of his house – and I won't miss him because he's so large. I call home again. I'll be there later, a new client has appeared, and I hear the displeasure in my wife's voice... When I reach the destination, I can see he was right – he is large! He's also young, probably less than 20. There are only two steps in front of the house and he's struggling to climb them, holding the door frame tightly to pull himself in. Let's call him Joe. Joe starts to tell me his story. He lists the multitude of diets he has tried and the failed attempts to exercise. I understand him. I was like this once... Finally, he tells me resignedly: It's genetic, there's nothing I can do, I think I have to live with it. Before I can contradict him, his mother comes into the room, carrying a stack of beautifully washed and ironed shirts which she puts carefully into a bag, saying, "I have prepared your work clothes for tomorrow." Then with a gentle smile, she says to me, He inherited it from me. I have morbid obesity. She gives me the list of problems that she has. She can't even stand for long and spends most of her time sitting in a wheelchair. I am curious about the shirts and ask what work Joe is doing. I pack vegetables, but because I sweat a lot, I have to change every 2 hours otherwise I get cold. I really can't afford to get sick and stay at home. I have two younger brothers who go to school, and there's my mom who is sick. So I have to work. I use five T-shirts a day, but it's okay, I'm used to it." I completely forget about the busy day and my fatigue. I start pouring out information that will help him lose weight. I want to – I have to – help him. I begin to explain, one after the other, all the mistakes he has made, how he lost muscle mass through starvation, why he does not lose weight even if he eats very little, the role of hormones, why diets are not effective, the health benefits of losing weight ..... but then I realize this is way too much information all at once. All right, here's what we'll do. Tell me what you like to eat, and I'll

create a nutritional plan for you. From tomorrow you will start to eat as we planned, and gradually I will explain to you everything you need to know so that for the rest of your life you'll understand the principles of a fit and healthy body. I see the hope in his eyes and a determination to succeed even if he doesn't yet understand much about what he should do. He's confident again, and I can feel his excitement! Suddenly the sadness returns. The problem is that from next week we move to another city. The company I work for has seasonal vegetable warehouses, and the vegetable season here will end this week. I really want to do this, but it looks like I'm going to fail again before I start. How many weeks of counselling should I have with you, and how much does it cost? I know a personal trainer is quite expensive and I don't know if... I try to stop him. This is not about money. He insists and takes cash from his pocket to pay me, but I really can't take the money... I literally can't! I feel like I need some fresh air. I say goodbye in a hurry. I get in the car and I actually feel overwhelmed by sadness, compassion, but also admiration for his determination to take on responsibilities for his family and to keep looking for a solution for his own health problems. He's got to make it; he's got to do it! I promise myself I'll do everything I can to help him and find a way to advise him even if he's far away. I get home and the kids are all over me, wanting to know why I am late. I can't talk about it... So that's how it started. That night I worked to sort out his nutritional plan and to find a solution for the future. From the next day, he started eating according to my nutritional plan. And I started writing every night - chapter after chapter covering absolutely everything that he needed to know to get results. He left the city, and at the end of every week I sent him a new chapter. I was working during the day doing workouts and providing nutritional advice as usual, but I couldn't wait to get home so I could write some more. After the first month, he had lost a good few pounds and his self-confidence had grown enormously. He started posting pictures of himself 😊 (His previous profile picture was of a wild horse). After almost three months he had dropped multiple clothing sizes and was increasing the intensity of his exercises. He sent me a message: Guess what? I have a girlfriend. I knew how much it meant to him, and I was so happy. He'd lost some weight, his clothes fitted him – but this is what was really important: his self-esteem and self-confidence were growing, and he was making a huge difference to his overall health. Meanwhile, his willpower and determination to stick to the nutritional plan and the training programme despite being so far from me, his personal trainer, inspired me to write my first book on nutrition and training. I collected all the chapters I had written and linked and improved them, even adding demonstration videos with workouts that could easily be done at home. I wouldn't have thought of writing a book before, but sometimes when you believe you are inspiring and helping someone else, you actually get inspired and help yourself. I sent Joe the first copy of my book and can only thank him for allowing me to meet him and help him. Today I want to share with you everything I wrote over this time. I know that if you are like Joe, you can learn everything you need from my book and you can apply it, wherever you are. I'd be so happy to add you to my list of distance clients who have had impressive results. Florin Mihai - Personal Trainer

*I Love My Personal Trainer Notebook I Love My PT* Oh Coaching, 2019-04-06 Personal Trainer Notebook Personal Trainer Journal As a personal trainer you need a notebook because you want to remember the important bits about your clients when at the gym away from your laptop, business tasks, ideas, program design etc. This Personal Trainer Journal / Notebook Is Perfect For: Writing ideas about Personal Training Your Personal Trainer program Your client notes Reflecting on the PT session or even your own gratitude journal Personal Trainer notebook - nothing happens in your Personal Trainer business until it is put onto paper and actioned. This notebook contains 118 blank wide ruled pages ideal for Personal Trainer day to day, business ideas, and even journaling your day's achievements. This Personal Trainer

notebook is also ideal for writing about your clients. There is room for copious notes, writing and journaling. It is the perfect size for keeping handy on your desk, gym or studio, mobile personal training or when you get home, or in your bag. This Personal Trainer journal is in fact ideal for a PT looking specifically to get organized and confident in using lists etc to get things done - sometimes it is great to get off the laptop and put pen to paper! Filled with 118 pages, this notebook makes a useful PT gift for personal trainers. With the full-color matt paperback cover, this deeply coloured Personal Trainer writing notebook could come in very handy for general day to day use, or for a specific project such as notes and sketches about the gym you're opening, or workout ideas. With custom sized pages 6x9 inch this notebook also has plenty of room for journaling, taking notes or doodling - however you wish to structure your Personal Training business. Give your Personal Trainer a gift as a token of appreciation. This Personal Trainer notebook: Personal Trainer Gifts Personal Trainer Journal Blank Ruled Notebook Attractive Deep Colour Matte Front Cover Personal Trainer Networking Notebook Personal Trainer planner Personal Trainer gift

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**The Armor of God Fitness & Training Program** Sr PhD Pastor Shaolin MB Abrams Sr.,Pastor Shaolin MB Abrams,2010-05-18 The premise of this training guide and manual is not based on workouts alone, but on educating the Body of Christ at large about the proper way to have life and life more abundantly according to Gods Word. My entire adult life has been devoted to improving my mind, body and spirit, but the only way my Life-Style can be balanced is by ensuring that my Immune System protects me against any form of disease, such as High Blood Pressure, Diabetes, Hypertension, High Cholesterol, etc. Now, I dont claim that with this Life-Style change you will live any longer than the next person, but what I am attempting to convey is that with change you live much healthier, have more energy, and be more alert to enjoy the many blessings that the LORD has promised in HIS Word! The reality is that you do not have to use steroids or muscle enhancing drugs (steroid derivatives) to achieve a great body, so stop listening to those so-called personal trainers who are just trying to sell you those expensive training sessions looking like they eat cheeseburgers and french-fries for breakfast, lunch and dinner! If a trainers body does not appear as though he/she works out regularly or they look like they came straight out of a fitness magazine, be careful because all that glitters isnt gold! And it doesnt matter what that certificate says on their office

wall, or how many hours of personal training time they have because when these so-called personal trainers tell you that they want to design a program specifically for you and your needs, ask yourself how in the world do they know it works if they have never tried it for themselves? WE DONT ASK A POOR MAN HOW TO GET RICH, SO BE WEARY OF THOSE WHO CANNOT DEMONSTRATE THEIR OWN CLAIMS!!!

**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.

**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.

**Personal Trainer Appointment Book All My Journals**,2018-04-02 Keep all of your business appointments organized with this 120 page softcover appointment book. Interior details include: - Large 8x10 size - Each page has 2 columns for client names - Approximately 6 months of pages (business days) - Each day is broken down from 8:00AM to 7:00PM in half-hour increments - Book is printed on thick (55 lb), pure white, acid-free paper

**Run My World** Mary Kesinger,2018-02-12 With extreme fitness trends like clean eating obsessions and exercise addictions, 'healthy' can become unhealthy fast. These fixations can damage people's confidence and overall mental health, preventing them from accomplishing goals in and out of the gym. In her first book, Mary Kesinger shares her story and health journey. Through fitness, she was able to overcome her eating disorder and obsession with being healthy. Surrounded by encouragement and love, she changed the way she viewed her body, herself, and her world. She empowered herself, and she has since achieved more personal, academic, and professional goals than she ever imagined. Mary narrates how different fitness challenges can be transferable to other areas of life. Filled with anecdotes and honest reflections, she explains how others can run their own worlds 15% of all book profits will be donated to Girls in the Game, a Chicago organization that helps every girl find her voice, discover her strength and

lead with confidence through fun and active sports, health and leadership programs.

**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.

**Look Amazing Naked: Achieving Maximum Results Through Lifestyle, Activity, and Nutrition** Justin Robinson, 2015-11-01 Why **Look Amazing Naked** Best Seller will change your life FOREVER Justin Robinson, celebrity personal trainer, and Andrew Keene, financial media icon, team up to explain their secrets to losing weight, building muscle, and staying in great shape year round. Justin shares his journey from average guy looking to build a little muscle and get a six pack to one of the most sought-after celebrity personal trainers in Southern California. Having a strong background as one of the nation's top fitness models and a national level bodybuilder; Justin trains his celebrity clients the same way he trains his own body! Andrew Keene is an average Midwest guy who enjoys playing sports and always enjoyed winning. He won third place at a Brazilian Jiu-Jitsu tournament, finished in the top 20% of an Olympic Triathlon, and won numerous basketball leagues. However, he never knew what it took to **Look Amazing Naked** until he met Justin Robinson in San Diego in 2014. He went from the skinny-fat guy at about 17.5% body fat to a shredded 7.4% within months of working with the Dynamic Duo. Have you ever asked yourself why it is so hard to work out, build lean muscle, and burn body fat? The reality is that most people are not in the best shape because they are simply misinformed, do not seek out the right information, or think that they are not capable of losing weight or developing an amazing body. What you are about to read and experience will change your life; helping you live a healthier life every single day and **LOOK AMAZING NAKED!** **Look Amazing Naked** combines three overlapping concepts: lifestyle, activity, and nutrition to combat society's sedentary culture. This philosophy will help the average person's fulfill their desire to look and feel better, perform at a higher level, be healthier and more confident, and enjoy a better quality of life. The **Look Amazing Naked** approach helps you stay focused on your fitness goals. No more wasting hours at the gym, trying endless supplements or magic pills, or hocus pocus diets where you end up gaining all the weight back in the end. With the **Look Amazing Naked** blueprint you'll feel like you've got your favorite health coach and personal trainer with you every step of the way. The bottom line is that you CAN achieve your fitness goals without having your life revolve around it. The concepts take scientific research and proven studies and combine them to work in synchronization. The **Look Amazing Naked** approach works for men and women of any age looking to lose weight, add muscle mass, or achieve any of your fitness goals. In this book you're going to learn something most people will never know... **Look Amazing Naked** reveals things like: \* The real reasons you aren't training and exercising correctly, and why it's really not your fault (but once you understand this, you will never have to deal with the dreaded plateau again) \* How a groundbreaking scientific study proves you can maintain proper nutrition AND still enjoy your favorite foods \* How the right cardio routine is essential to build lean muscle while burning fat (up to 24 hours after your workout) \* Understanding 5 simple steps to

eliminating D.A.W.G.S. and how it can save your life \* The 3 step L.A.N. Approach that will make this program work for you, even if others have failed in the past \* How to cement your success in place with a fail proof strategy to maintaining results \* Learn the truth that personal trainers, other health & fitness books, and the U.S. Government won't tell you (most people personal trainers and authors don't know the truth) PLUS...all readers get access to a Special Reader Bonus inside the book at no extra charge. Scroll up, click the Buy button now, and begin your journey to having your body Look Amazing Naked!

**I'm My Own Personal Trainer Plus+** Dolly Press,2006-02

**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.

**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.

*My Personal Trainer Said What? PT Notebook* Allan Wilson,2019-01-03 A notebook for writing down advice from your personal trainer. It has 100 pages of journal styled line ruled pages and is easily portable at 6 x 9 in size. Great gift idea from you to your personal trainer or vice versa.

Immerse yourself in the artistry of words with Experience Art with is expressive creation, **My Personal Trainer** . This ebook, presented in a PDF format ( \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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### **My Personal Trainer Introduction**

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