Personal Training Software

Drew Manning

Ignite the Fire Jonathan Goodman, 2015-02-10 Now in a revised, expanded, and upgraded edition, Ignite the Fire is the highly practical approach to personal training already relied on by thousands of trainers Worldwide. Repeatedly called one of the best books for personal trainers, it provides a clear road map teaching you how to become a personal trainer, to getting a personal trainer certification, to building your career from the bottom up so you can build a clientele, your reputation, and income. --

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 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: $\cdot 10$ 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

<u>Fit2Fat2Fit.com</u>, personal trainer Drew Manning delivers the story of his quest to go from fit to fat to fit again in one year in order to better understand the weight-loss struggles of his clients and the online community. Drew embarked on this journey to prove to clients, website followers, and people across the country that it is possible to get back into shape—and his bottomless desire to kindle a new hope for his readers comes through on every page of Fit2Fat2Fit. With before and after (and after...) photos to that tell their own striking story, and intimate reflections from Drew's wife Lynn, Fit2Fat2Fit is more than a spectacle or a gimmick; it's an inspiring story, and sound proof that anyone can reach the level of fitness they desire to make themselves happy.

Windows XP Personal Trainer CustomGuide Inc,2005 Provides instructions on using Microsoft Windows XP, covering such topics as working with programs, managing files and folders, using the Internet, networking, and managing printers.

The Complete Book of Personal Training Douglas Brooks, 2004 This books is the most comprephensive 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.

Unstoppable Jared Garcia,2018-11-22 If you're ready to build a successful personal training business - read this book now. Forget the old concept of just being a personal trainer, exhausting your energy and time while not achieving your dreams - reframe your mindset and learn how to create business success. Whether that's earning \$100K a year, training only the clients you choose, or opening your own business, Unstoppable is the playbook for you. This guide is a must for anyone who wants to learn personal training, boost their personal training career, increase their fitness sales or create a successful personal training business out of their passion. Here's what you'll learn: How to start in the personal training industry, find your niche and fuel your passion How to build the business you really want as an independent personal trainer, gym owner, and more How to increase your income by implementing the sales ideas, pitch outlines and pricing guidelines How to build your brand and market yourself so that you stand out from the crowd How to save hundreds of hours by creating business checklists and templates to streamline your work; bringing value to your clients and your bank account Be inspired through journeying with Luke, a fictional character based on real-life experience, as he struggles and overcomes many of the challenges that you may be facing right now. If you are serious about succeeding as a personal trainer - invest in yourself and read Unstoppable.

Pitch Perfect (movie tie-in) Mickey Rapkin,2012-09-04 A musical tale of collegiate a cappella filled of high notes, high drama, and high jinks that inspired the hit films Pitch Perfect and Pitch Perfect 2. Get ready to be pitch slapped. The roots of unaccompanied vocal music stretch all the way back to Gregorian chants of the Middle Ages, and collegiate a cappella is over a century old. But what was once largely an Ivy League phenomenon has, in the past twenty years, exploded. And it's not what you think. Though the blue blazers and khakis may remain, a cappella groups at colleges across the country have become downright funky. In Pitch Perfect, journalist Mickey Rapkin follows a season in a cappella through all its twists and turns, covering the breathtaking displays of vocal talent, the groupies (yes, there are a cappella groupies), the rock-star partying, and all the bitter

rivalries. Rapkin brings you into the world of collegiate a cappella characters—from movie-star looks and celebrity-size egos to a troubled new singer with the megawatt voice. Including encounters with a cappella alums like John Legend and Diane Sawyer and fans from Prince to presidents, Rapkin shows that a cappella isn't for the faint of heart—or lungs. Sure to strike a chord with fans of Glee and The Sing-Off, this raucous story of a cappella rock stars shows that sometimes, to get that perfect harmony, you have to embrace a little discord.

Athletic Body in Balance Gray Cook,2003-05-05 Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, Athletic Body in Balance focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with Athletic Body in Balance.

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.

<u>Excel 2003 Personal Trainer</u>, 2004 With sections on editing, formatting, functions, formulas, lists, macros, creating and managing workbooks, and creating and editing charts, this tutorial also includes an interactive companion CD-ROM.

Two-brain Business 2.0 Chris Cooper,2015-07-30 If Chris Cooper has a superpower, it's the ability to make mistakes faster than anyone else. Fortunately, none have been fatal, and they can help OTHER gym owners build happier lives. Chris brings a big picture perspective unmatched by anyone else in the industry. After thousands of hours spent one-on-one with gym owners, hundreds of blog posts and more interviews than he can recall, Chris shares his best lessons in the second edition of Two-Brain Business. From Australia to Europe to North America, these are what Chris' clients--some of the best gyms in the world--are doing RIGHT. This is the follow-up to Two-Brain Business, one of the most popular fitness business books of all time. But its content is all new, with fresh stories, smart ideas and proven tactics. www.twobrainbusiness.com

Program Design for Personal Trainers Douglas S. Brooks, 1997

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.

Big Fit Girl Louise Green, 2017-03-18 "Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —Jessamyn Stanley, author of Every Body Yoga In Big Fit Girl, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. "Big Fit Girl impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving." —Linda Bacon, PhD, scientist, and author of Health at Every Size "Inspiring and empowering." —Taryn Brumfitt, producer and director, founder of the Body Image Movement "I'm thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it's time for every person of every size to have access to this information!" —Jes Baker, The Militant Baker

CSCS Study Guide Cscs Certification Prep Team,2017-01-26 This guide covers quick overview, test-taking strategies, introductions to the CSCS exam, exercise sciences, nutrition, exercise technique, program design organization and administration, practice questions, detailed answer explanations.

Rise of the Fit Pros Chris and Eric Martinez,2020-03-27 Is your professional fitness career gasping for breath? Discover a simple hybrid approach to bulk up your financial prospects. Does the commercial side of personal training get you sweating? Are you tired of putting in reps without receiving monetary gains? Don't know how to start expanding your online influence? Business coaches and bestselling authors Chris and Eric Martinez are the Dynamic Duo of developing multifaceted fitness institutions. They've helped countless customers turn around their health habits and hundreds of online coaches bring in six-figure incomes. And now they're here to help you cultivate a CEO mindset and propel your passion into wealth. Rise of the Fit Pros: Create More Income, Influence, Impact, and Independence is the powerful one-two punch for simultaneously growing your coaching venture online and in-person. Inside, the Dynamic Duo set out the step-by-step moves you'll use to motivate your base, establish an internet presence, and skyrocket your profits. Through client success stories, the Martinez's show you how to develop the winning mentality you need to rise above the competition and achieve the independent life of your

dreams. In Rise of the Fit Pros, you'll discover: The motivation to push your coaching business onto the web and up to the next level How to build your enterprise around your lifestyle to track what really matters Easily implementable steps and formulas to keep the cash coming Inspirational client examples to help supplement your service Practical exercises, frameworks, concepts, and much, much more! Rise of the Fit Pros: Create More Income, Influence, Impact, and Independence is your guidebook to bullet-proofing your workout business. If you like easy-to-follow steps, being your own boss, and generating income through inspiration, then you'll love Chris and Eric Martinez's well-toned fundamentals. Buy Rise of the Fit Pros to toughen up your profit today!

Motivational Interviewing in Nutrition and Fitness Dawn Clifford, Laura Curtis, 2016-01-19 Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients. MI offers simple yet powerful tools for helping clients work through ambivalence, break free of diets and quick-fix solutions, and overcome barriers to change. Extensive sample dialogues illustrate specific ways to enhance conversations about meal planning and preparation, exercise, body image, disordered eating, and more. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2 x 11 size.

Policies that Work for Personal Trainers Susan Cantwell, 1997

The Coach's Strength Training Playbook Joe Kenn, 2003 Strength and conditioning specialist Joe Kenn draws upon the three strength disciplines; weightlifting, powerlifiting, and body building, as well as training principles of traditional periodization and high-intensity training, to define the Tier System of athletic-based strength training. The tier system promotes training athletes on a rotation of movements (total body, upper body, lower body) rather than training body parts. The result is an integrated, whole-body strength training program with greater real-world and sport-appropriate applicability. The book explores an overview of the system, and provides annual plan development, training cycles, and daily and weekly plans. Ideal for coaches and trainers of football, basketball, track & field, wrestling, gymnastics and any sport requiring maximum and explosive strength.

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