

# [PDF] Becoming A Personal Trainer For Dummies

Linda Formichelli, Melyssa St. Michael - pdf download free book

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**Books Details:**

Title: Becoming a Personal Trainer F

Author: Linda Formichelli, Melyssa S

Released: 2004-10-01

Language:

Pages: 384

ISBN: 0764556843

ISBN13: 978-0764556845

ASIN: 0764556843



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## Description:

**Review** "...This non-nonsense book covers every conceivable aspect of the personal-training industry...straightforward, informative and easy to read..." (*Muscle & Fitness*, March 2005)

**From the Back Cover** Find out what it takes to be certified

Find your training niche and make money

Want to be a personal trainer or improve your existing practice? This fun, practical guide gives you

the tools to manage your business; design and conduct professional, effective workouts; and advance your client to the next level. You'll find savvy tips on choosing the right certification for you, marketing your business, and obtaining the best equipment and support.

### The Dummies Way

- Explanations in plain English
- "Get in, get out" information
- Icons and other navigational aids
- Tear-out cheat sheet
- Top ten lists
- A dash of humor and fun

### Discover how to:

- Study for certification exams
  - Attract, keep, and motivate clients
  - Manage legal issues and tax planning
  - Interview, hire, and manage employees
  - Expand your services
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