

# The Master Personal Trainer Exam Study

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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 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

the new york times bestselling guide to at home exercises you can do to live a life free of pain stress and tension in this enhanced digital edition of the melt method sue hitzmann shows you how to live without pain illustrating her melt techniques with 20 instructional videos plus 10 audio clips so you can listen hands free while you start your journey toward a pain free body in the melt method therapist sue hitzmann offers a breakthrough self treatment system to combat chronic pain and erase the effects of aging and active living in as little as ten minutes a day with a focus on the body's connective tissues and the role they play in pain stress weight gain and overall health hitzmann's life changing program features techniques

that can be done in your own home a nationally known manual therapist and educator hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties the melt method shows you how to eliminate pain no matter what the cause and embrace a happier healthier lifestyle

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