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Becoming A Personal Trainer For Dummies

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~~Becoming A Personal Trainer For~~

To become a personal trainer you would normally be an experienced fitness

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instructor with a recognised qualification, such as: Level 2 Certificate in Fitness Instructing – Gym. Level 2 Diploma in Health, Fitness, and Exercise Instruction. Level 2 Diploma in Instructing Exercise and Fitness.

~~How To Become A
Personal trainer |~~

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Becoming a personal trainer: Everything you need to know.

Now that you know how to qualify as a personal trainer, we can only imagine how excited you are about the possibility of turning your ...

~~How to become a personal trainer for~~

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~~runners—AW~~

How to become a
personal trainer

College. You could
take a college course
to help you get into
this career. ...

Apprenticeship. You
could do a personal
trainer advanced
apprenticeship. You
can train in a similar
role as a physical...

Direct Application.

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You can apply to
become a personal
trainer ...

~~Personal trainer |~~

~~Explore careers |~~

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Becoming a personal
trainer can be a good
career choice if you
love fitness and
helping others
achieve their goals.

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As a fitness enthusiast, you've probably already done unofficial personal training over the years, but there are more steps to take to get certified as a personal trainer, find employment, or set up your independent business. Learn more about this career to decide if it is the right

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one for you. **Becoming A**

Personal

~~8 Steps to Become a
Trainer For
Personal Fitness~~

~~Trainer~~ **Bummies**

The first step to a successful career is getting the qualifications you need. Both our entry-level personal training courses will give you the entry requirements you

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need to get started -
our Diploma in
Personal Training or
our Advanced

Diploma in Personal
Training. The diploma
course is an ideal
start, focusing on
developing your gym-
based skills.

~~How to become and
qualify as a personal
trainer: Guide to ...~~

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If you have a genuine passion for health and fitness and want to turn this into a career, then becoming a Personal Trainer could be the perfect move for you. The main role of a Personal Trainer is to provide support and guidance to clients, helping them identify achievable targets,

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and plan individual fitness regimes enabling them to meet their goals.

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Personal Trainer |
reed.co.uk~~

To be eligible for the NASM Personal Trainer Certification Exam, you must:
Have a high school degree or GED Hold a

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current
cardiopulmonary
resuscitation (CPR)
certification Hold an
automated external
defibrillator (AED)
certification.

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NASM~~

How To Become A
Personal Trainer.
Step 1. Choose a

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certification. A variety of different organizations and accredited programs offer certifications in the fitness industry.

It's ... Step 2. Choose a specialty. Step 3. Invest. Step 4. Study, Study, Study. Step 5. Find a gym or studio.

~~How To Become A
Personal Trainer |~~

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Bodybuilding.com

10 Pros of Being a
Personal Trainer.

1. Freedom and

Flexibility. Are you an

expat who hates the

idea of a regular 9 to

5 occupation? If so,

personal training may

be an excellent career

for you. It gives you a

chance to schedule

appointments

whenever you want.

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Personal training
does not control your
life like ordinary 9-5
jobs.

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~~20 Pros and Cons of
Being a Personal
Trainer~~ →

A great reason for
why should you
become a personal
trainer is that you will
be keeping yourself fit
and healthy condition.

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Whether your taking 1-2-1 PT sessions, taking a class or performing a gym induction, you will be non your feet, burning fat and keeping fit.

~~Should I become a Personal Trainer: 14 Reasons Why (2019~~

...

Before you go through the time and effort of

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obtaining a personal trainer certification, make sure the balances of pros and cons work out in your favor.

~~Pros & Cons of Being a Personal Trainer | Livestrong.com~~

The majority of people who want to become personal trainers are either fitness

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Enthusiasts or former teenage sports players who now want to make a career helping others get in shape....

~~10 things no one tells you before you become a personal...~~

For starters, personal training is not for everyone — you cannot just wake up

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and decide to be a personal trainer. In fact, it's more of a lifestyle than a job — you need to have a passion for it as well as the willingness to drop the regular 9 to 5 mindset; this is the only way to succeed!

~~Being a Personal
Trainer: All Pros and
Cons | PT Cert~~

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How to become a personal trainer. Alan Morrell. View Comments. About the job: Personal trainers help clients with a variety of health and wellness issues, both physical and mental. Training can ...

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How to become a personal trainer

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Trainer For Dummies is for you if you want to become a certified personal trainer and start your own business or if you're a certified trainer looking to improve upon your existing practice. You get a thorough overview of what it takes to get certified and run a successful business,

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Complete with expert tips that help you ...

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Before you get your first client, complete a fitness assessment, or help someone achieve a fitness goal, there are a few things you need to know about becoming a

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personal trainer. It's not just a gig where you help people lose weight and build muscle. You need to be able to do other important things to be a successful personal trainer, such as:

~~Thinking About
Becoming a Personal
Trainer? Read This
First~~

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With more than 6 million people working out with personal trainers, a clear path to a variety of certifications through organizations like the American Council On Exercise (ACE), and a fitness...

~~8 Signs You Would Be an Awesome Personal Trainer~~

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Once you've decided that becoming a personal trainer is right for you, the first step is choosing a certification program. Consider a certification accredited by the National Commission for Certifying Agencies (NCCA), renowned as the gold standard in health and

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fitness. All ACE
Certifications are
accredited by the
NCCA.

Dummies

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