



The Fitness Instructor's Handbook: A Professional's Complete Guide to Health and Fitness

Morc Coulson

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The comprehensive resource for personal fitness trainers.

The fitness industry is one of the fastest-growing sectors in today's economy. Collectively, personal trainers and fitness instructors and coaches have millions of clients -- personal, and in clubs, schools and local gyms.

The Fitness Instructor's Handbook is the essential guidebook for professionals working in or interested in entering the booming fitness industry. Filled cover-to-cover with case studies, checklists and sample programs, this book is the perfect reference for beginning trainers as well as established ones looking for a quick refresher on the basics.

The Fitness Instructor's Handbook covers key topics such as:

- The skeletal system
- Muscles and tendons
- The body's energy system
- Circulation and respiration
- Components of fitness
- Safety and injuries
- Customer service
- Screening clients
- Planning and program design
- Exercise evaluation.

The Fitness Instructor's Handbook is a dynamic resource that combines theory and practice for every aspect of health and fitness programs. Throughout the fitness industry, trainers will welcome this comprehensive reference book.

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Archie Moriarty:

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