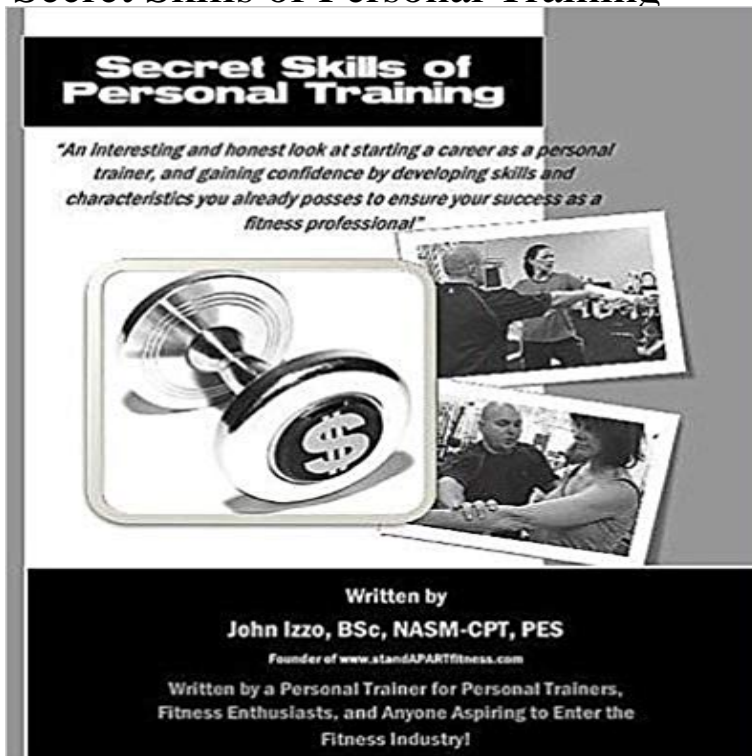


Secret Skills of Personal Training



An interesting look at how to crack into the field of personal training and develop confidence as a fitness professional. Discover the traits and characteristics that will enable you to reap success in this rewarding career. Written by a personal trainer with years of experience, the author will reveal what exactly it will take to gain hands-on experience, acquire clients, and maintain a prosperous business. This book covers your preparation into this rewarding career from your decision to enter the fitness field, to tweaking your business as a successful and seasoned fitness professional. Perfect for all aspiring personal trainers of any level and fitness enthusiasts.

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