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PRICE: \$29

Fitness Workout Complete Workbook

Douglas Brooks

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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The Complete Book of Personal Training Douglas Brooks, 2004 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 is full of information about working with clients and designing programs and it is 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 Fitness Workbook Murray, John L. Murray (Ph. D.), Charles F. Workman, Workman Publishing, 1989-09 Workout Workbook: 9 Complete Workouts to Help You Get Fit and Healthy Harvard Health Publications, 2009

The Complete Stress Management Workbook Thomas Whiteman, Tom Whiteman, Sam Verghese, Randy Petersen, 1996 The authors present a step by step process that defines stress gives pretests for identifying sources of stress in your life identifies unproductive coping strategies and shows how to make a stress management program part of your daily lifestyle Complete with graphs charts and diagrams it is a practical biblical route to worrying less and enjoying life more The Complete Book of Men's Health Men's Health Books, 2000-08-22 Provides information on health related topics exercise diet and personal grooming Complete Book of Beauty Helena Sunnydale, 2005

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