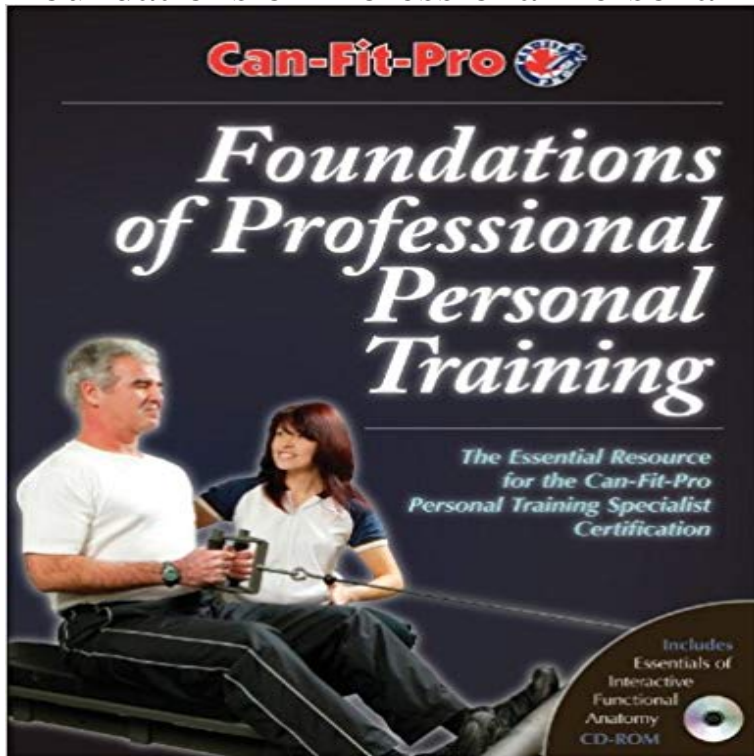


Foundations of Professional Personal Training



As a personal trainer, motivating and guiding others to a healthy and fit lifestyle is your passion. Your challenge is shaping that passion into knowledgeable, consistent, and qualified assistance. To succeed as a personal trainer and to help your clients succeed, turn to Can-Fit-Pro's Foundations of Professional Personal Training. It is the resource you need to build not only your fitness expertise but also your assessment prowess, communication skills, and business knowledge. Written by Can-Fit-Pro, a certification and continuing education provider for Canadian fitness professionals, Can-Fit-Pro's Foundations of Professional Personal Training is the manual used for the Can-Fit-Pro Personal Training Specialist certification program. The text includes the essentials of fitness theory and practical application, client assessment and screening, safety considerations, and program design. This information is complemented by chapters on the business of personal training, the psychology of personal training, the purpose and goals of Can-Fit-Pro certification, and a section on evaluation standards. Plus, two photo-rich appendixes provide you with an increased repertoire of exercises to share with your clients, including 20 core resistance-training exercises with two or three variations and progressions to each and 30 stretches for flexibility. Included with the book is a special bonus CD-ROM titled Essentials of Interactive Functional Anatomy (IFA Essentials). Using a 3-D model of the human musculature, IFA Essentials provides a vivid and detailed review of the components of structural anatomy. This interactive interface allows participants to rotate the skeleton and remove all 11 layers of anatomy from muscles down to bones. It is a valuable guide to structural anatomy for personal trainers at any stage of their career. Can-Fit-Pro's Foundations of Professional

Personal Training and the Can-Fit-Pro certification process will prepare you for all aspects of your profession with a comprehensive study of these topics:

- Fitness concepts: Explore the concept of wellness, the benefits of physical activity, the components of physical fitness, the components of a workout, guidelines for warm-up, training principles, and weight-management strategies.
- Training guidelines: Understand the concepts and guidelines of cardiorespiratory programs and the concepts and guidelines of resistance training.
- Screening and assessment: Learn fitness assessment and interpretation and the importance of implementing a health screening questionnaire.
- Human anatomy and physiology: Understand the skeletal, muscular, neurological, cardiovascular, and pulmonary systems as well as topics of metabolism, nutrition, and flexibility.
- Safety considerations: Learn injury evaluation with special emphasis on strategies for preventing and treating back pain.
- Starting your business: Create a client-centered environment, develop a marketing and promotion strategy to attract clientele, and identify essential business details such as insurance, equipment needs, and fee structure.
- Building client relationships: Develop your leadership and communication skills to help you guide, educate, and motivate your clients from the initial consultation through all levels of their fitness plans.

Increased knowledge and the skills to communicate your passion for fitness are just the beginning. With Can-Fit-Pros Foundations of Professional Personal Training and your Can-Fit-Pro certification, you demonstrate your dedication to self-improvement and commitment to excellence, helping you gain credibility in the eyes of your clients and your profession. Make Can-Fit-Pros Foundations of Professional Personal Training and Can-Fit-Pro certification part of your plan to build a vital career in personal training one that can lead others to a healthy way of life.

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a.fileName      a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line      a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
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e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
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p;if(h[G]){var q=new
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0;l=p}n=1;if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){} }else m.ue.log(b,
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logged with the Track&Report JS errors
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serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
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N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+

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jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( d+): d+ )?.split(
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=a.connection a.mozillaConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)))(ue_csm>window);
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(function(g,b,h){function c(){var
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);a=null!==(a?a[1]:null);var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
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e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3)))(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
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viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
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a.cordova.platformId&&ios==cordova.plat  
formId?!1:!0:!1)&&b.tags      instanceof  
Array){var  
c;c=-1!=b.tags.indexOf(usesAppStartTime)  
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