



It's More Than Just Making Them Sweat: A Career Training Guide for Personal Fitness Trainers

By Ed Thornton

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, It's More Than Just Making Them Sweat: A Career Training Guide for Personal Fitness Trainers, Ed Thornton, This book carves out a unique niche in the field of fitness publishing. No other book in this genre addresses more thoroughly the psychological factors of motivating clients and the how-to aspects of starting up and promoting a personal training business. No longer are personal trainers to be seen as glorified spotters just biding their time until the next career move. They are qualified health professionals who design and monitor the exercise programs that improve peoples' lives and health. The goal of this book is to promote a more reverent view of personal trainers.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**