

Advance Personal Trainer Manual

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~~Advanced training is not about making faster progress - it's about taking a different approach to make small progress instead of no progress. M OST TRAINERS GET TWO TYPES OF CLIENTS. One is the smart beginner who realizes he/she should start off on the right foot with some professional help.~~

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~~Advance your personal training knowledge beyond the basics by learning about corrective exercise, biomechanics, nutritional strategies and more. Pay Only if You Pass!~~

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~~Our flagship Level 3 Personal Trainer Courses are perfect for those who already possess their Level 2 Gym Instructor qualification. They cover advanced training techniques such as lifting form, CV training methods, anatomy and physiology, client assessment and programming. Advance your skills with the UK's leading Personal Trainer Course ...~~

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~~The Advanced Trainer Module has been designed to enhance your repertoire as a trainer or instructor. We've brought together kettlebells, suspension training and foam rolling/myofascial release (MFR), three extremely popular training techniques.~~

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