

# Download Personal Trainer Certification

Get a personal trainer certification from NASM. Top rated trainer certification programs, study guides, exam prep, and advanced credentials. Get a personal trainer certification from NASM. Top rated trainer certification programs, study guides, exam prep, and advanced credentials. 1-800-460-6276 // Before starting your personal trainer certification program, you'll need to have completed a few prerequisites. For example, every program requires that you are 18 years or older, and that you have a hands-on CPR and AED (automatic external defibrillator) certification. Personal Trainer Certification. With a certification accredited by the National Commission for Certifying Agencies (NCCA) and built on the foundation of the ACE Integrated Fitness Training® Model, you will be equipped to deliver individualized programming proven to move people to adopt sustainable, healthy behaviors and a more active way of life. Certified Personal Trainers assist people across the age spectrum with achieving fitness goals. Around the world, people turn to top qualified trainers to improve their cardiovascular endurance, muscle strength and to reshape their bodies. Personal Trainer Certification. The Certified Fitness Trainer program is designed to equip graduates with the practical day-to-day skills necessary, as well as the theoretical knowledge needed to excel as a personal trainer serving the general public. Along with the necessary exercise science foundation, the distance education program covers client... The Personal Training Certification provides potential clients with assurance of your experience and expertise, making it relevant and necessary continuing education. This qualification shows that you have a firm grasp on the basic fundamentals of personal training methods and techniques. ACSM Certified Personal Trainer certification is the gold standard preparation for motivated personal trainers and fitness professionals. About The ExpertRating Online Personal Trainer Certification. The ExpertRating Online Personal Trainer Certification has been developed for people who would like to start a career in the fitness industry or would like to get their fitness training skills formally certified. In order to determine which primary certification is best for you, it is important to identify your career goals and the service that you aim to provide. If you would like to get certified to lead one-on-one or small-group training sessions, the ACE Personal Trainer Certification would be the best fit. Earn your Personal Training or Nutrition Certification online, at home and on your own schedule. Students typically graduate within 8-10 weeks with the knowledge, skills and confidence to start their new full-time or part-time career.