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Collectively, personal trainers and fitness instructors and coaches have millions of clients -- personal, and in clubs, schools and local gyms. The Fitness Instructor's Handbook is the essential guidebook for professionals working in or interested in entering the booming fitness industry. Filled cover-to-cover with case studies, checklists and sample programs, this book is the perfect reference for beginning trainers as well as established ones looking for a quick refresher on the basics.

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Morc Coulson is senior lecturer in Sport and Exercise Science at the University of Sunderland. He is the author of a number of books for fitness professionals including, The Advanced Fitness Instructor's Handbook (2008), Practical Fitness Testing (2009) and The Complete Guide to Personal Training (2013). Customers who viewed this item also viewed

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