

WHAT IS A FITNESS TRAINER

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Fitness Trainer - Career Information

What does a fitness trainer do? Here is career information including a job description, earnings, educational requirements, advancement and outlook.

What does a Fitness Trainer do? - Sokann

A fitness trainer is someone who leads, instructs, and motivates individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching.

Personal trainer - Wikipedia

A personal trainer is an individual certified to have a varying degree of knowledge of general fitness involved in exercise prescription and instruction. They motivate clients by setting goals and providing feedback and accountability to clients.

The Role of a Personal Trainer - National Federation of ...

A good personal trainer delivers safe, effective, fun and interesting workouts to all fitness-training clients. The training programs you develop should be varied and [Fitness Trainer or Instructor Career Profile | Job ...](#) Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. They work with people of all ages and skill levels.

What is a Personal Trainer?

What is a personal trainer, you ask? Depending on their approach and demeanor, personal trainers are part-coach, part-mentor, part-friend and even part-drill.

What is a Fitness Trainer? - Quora

A fitness trainer is someone who leads, instructs, and motivates individuals or groups in exercise activities, including cardiovascular exercise (exercises for the