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AFAA also offers personal fitness trainer, indoor cycling instructor, and nutrition coach certifications. If you've made the decision to start a profession in the health and fitness industry, it is likely that you have a passion for motivating others and wanting to help them achieve results.

Review: AFAA Personal Trainer Certification | Exercise.com

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Certifications and Courses | AFAA

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About | AFAA

In many cases this AFAA tool, along with the exercise continuum, allows certified group instructors and personal trainers to broaden and clarify the way they approach old and new exercise trends.”

What Are the AFAA 5 Questions™ and Why Do They Matter?

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Personal Fitness Training: Theory & Practice [Mary M. Yoke] on Amazon.com. *FREE* shipping on qualifying offers. Personal Fitness Training: Theory & Practice ... This book has a lot of information and I can't think of why you would buy it unless you were taking the AFAA Personal Training Certification course. It's not exactly a fun read.

Personal Fitness Training: Theory & Practice: Mary M. Yoke ...

The AFAA Textbook The AFAA Certification recommended textbook is Personal Fitness Training: Theory & Practice Textbook by Mary M. Yoke. The 2nd Edition of the book is 468 pages and is available for \$69 plus shipping.

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