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In addition to the standard course materials, ISSA issues a free professional website to trainers who complete their program. This is to help members support and build their new training careers. They include 5 pages of professionally designed, fully hosted content.

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The Certified Personal Trainer program can be completed in as little as four weeks with the Fast Track program. Most students take 12 weeks to complete self guided study track and you have up to six months from the date of purchase to complete your certification exam.

ISSA - Personal Trainer & Fitness Certifications | ISSA

This textbook is good for getting certified as a ISSA personal trainer. It provides enough detail for understanding the concepts of all areas. The scientific information is clearly presented and includes practical examples and does not bog you down with unnecessary details. The graphs and charts are well done and provide further information when needed. The book is well organized and easy to follow.

Fitness: The Complete Guide, Official Text for ISSA's ...

International Sports Sciences Association (ISSA) has a Singapore branch that conducts a Personal Trainer Certification Course which includes materials such as a comprehensive 759-page guide book...

Being a personal trainer in Singapore — complete guide to ...

Fitness - The Complete Guide is a 759 page book that includes everything you need to earn a Personal Trainer Certification. Our course material is regularly audited to ensure it includes the latest information in exercise science. We even provide audio lectures for convenient, on-the-go study options. View Table of Contents. Preview the first chapter

Get Your Personal Trainer Certification | ISSA

Personal Trainer Complete Guide Issa The ISSA personal trainer program discusses methods of assessing clients. The fitness professional should know the categories of assessments—objective or subjective. The fitness professional should also know the purpose for each assessment. This may be to measure cardiovascular endurance, muscular strength, flexibility, etc. A Complete Study Guide for Personal Training ... - ISSA This textbook is

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The ISSA personal trainer certification program costs \$699 and even includes options that are interest-free payments. You can also frequently find the ISSA CPT for \$799 with the addition of a free nutrition certification. These are the two most common prices for the ISSA CFT. Check out the current price here.

ISSA Review (2020) - Certification Cost, Value, and More!

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