



DOWNLOAD



Confessions of a Certified Personal Trainer: Volume I The Fitness Revolution Educating You On The Right Way to Exercise

By Robert Linkul

Trafford Publishing, Canada, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Robert Linkul has been in the certified personal training business since 1999. A former hammer thrower turned trainer, Robert brings with him a passion for personal training and a desire to educate others. Robert operates his own personal training studio in Sacramento, California where he trains over 100 clients per week. Arden Hills Resort Club and Spa provided Robert a 1000 square foot space in which he designed and developed into his private personal training studio. Linkul trains the majority of his clients in groups and has had tremendous success mentoring his clients toward achieving their fitness goals. Robert's commitment to the personal training business earned him the honor of serving the National Strength and Conditioning Association as their Northern California State Director (2010-2012). Robert has his masters degree in personal training, his bachelors degree in kinesiology, is a certified strength and conditioning specialist with distinction, a certified NSCA certified personal trainer with distinction as well as a certified USA Weightlifting Level I coach. Linkul is the Career Builder columnist for Personal Fitness Professional Magazine s (PFP)...



READ ONLINE

[7.24 MB]

Reviews

This is the very best publication i have got go through until now. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i encouraged this book to understand.

-- **Casimer McGlynn**

A very great ebook with perfect and lucid answers. It can be packed with wisdom and knowledge I found out this book from my dad and i encouraged this publication to learn.

-- **Elena McLaughlin**

You May Also Like



The Wolf Who Wanted to Change His Color My Little Picture Book

Auzou. Paperback. Book Condition: New. Eleonore Thuillier (illustrator). Paperback. 32 pages. Dimensions: 8.2in. x 8.2in. x 0.3in. Mr. Wolf is in a very bad mood. This morning, he does not like his color anymore! He really wants to try another one, just to see...



Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Trini Bee: You re Never to Small to Do Great Things

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Book: Trini Bee An Early Learning - Beginner Reader A fun, rhyming children s book...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, All My Fault: The True Story of a Sadistic Father and a Little Girl Left Destroyed, Audrey Delaney, 'I could see what he was doing to the other girls because he had been doing...



With Chatwin: Portrait of a Writer

Knopf. Hardcover. Book Condition: New. 0679410333 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! * I...