

# Becoming a PHYSICAL FITNESS TRAINER

**Zoom Graphics**

## Lessons Include:

- Fitness assessment and goal setting
- Nutrition principles for fitness
- Strength and cardio program design
- Injury prevention and recovery
- Effective client coaching and motivation
- Special populations and customized training
- Business planning and strategy
- Marketing and client acquisition
- And Much More

This program equips you with the essential skills and knowledge required to excel in the world of fitness training and provides you with the tools and strategies to start and grow your fitness training business. Whether you're an aspiring fitness trainer, a fitness enthusiast, or anyone looking to turn their passion for fitness into a thriving career, this program is designed to empower you on your journey to becoming a Certified Fitness Trainer and a successful fitness entrepreneur.



Course Objective: Become a Fitness Trainer  
Advised Direction: 12 Weeks

Modality: Online, self-paced, instructor-led  
Total Charge: \$2,497 (scholarships available)

**Zoom**

Sign Up Today at: [zoomgfx.com](https://zoomgfx.com)