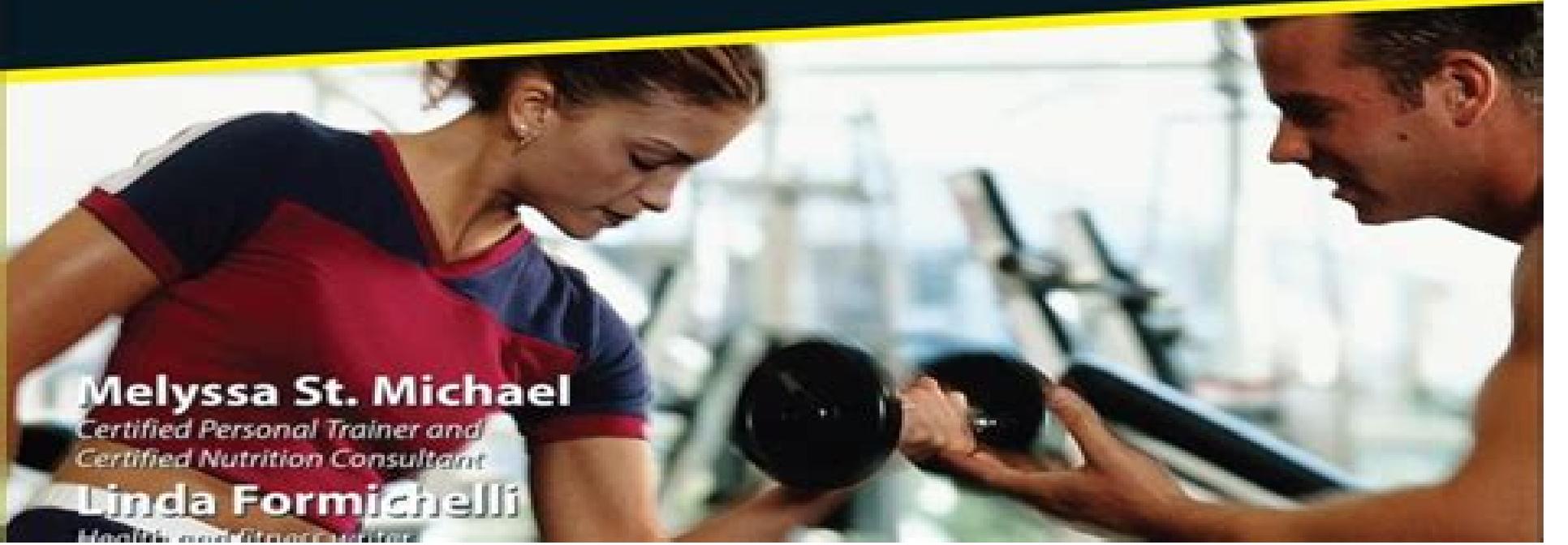


Becoming a Personal Trainer

FOR
DUMMIES®

A photograph showing a personal trainer (a man) assisting a client (a woman) with a dumbbell exercise in a gym. The trainer is holding the dumbbell for the client, who is lifting it. The background is a blurred gym environment.

Melyssa St. Michael

*Certified Personal Trainer and
Certified Nutrition Consultant*

Linda Formichelli

Health and fitness writer

Becoming A Personal Trainer For Dummies

Anthony S. Fauci



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