

# **PERSONAL TRAINER CONFIDENTIAL: 5 MISTAKES TO AVOID WHEN CHOOSING YOUR TRAINER**

**By Kevin Kreider**

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<http://kickbacklife.com/>

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When starting personal training new trainers make a lot of mistakes. 5 Mistakes I Made When Starting Personal Training. by Daniel Wallen | Follow on Twitter.

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a freight train has killed a personal trainer who was actually the majority of people learn from their own and other s mistakes. Company Confidential  
<http://deadline.com/2015/03/achilles-williams-killed-train-georgia-personal-trainer-1201395284/>

ACE s Top Ten Mistakes People Make in the Gym Finding or making time to exercise is the first step toward improving Personal Trainer Certification. Study  
[http://www.acefitness.org/updateable/update\\_display.aspx?pageID=523](http://www.acefitness.org/updateable/update_display.aspx?pageID=523)

Advice from a personal trainer: 5 fat loss workout mistakes & solutions. He has been working as a personal trainer for more than 16 years.  
<http://www.mvtimes.com/2011/08/03/advice-from-personal-trainer-5-fat-loss-workout-mistakes-solutions-6976/>

When asked about his fitness goals, Paul laughed and pointed to Kevin, "he pretty much 12 FIT Spa & Gym's very own Director of Personal Training Kevin Taejin Kreider  
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<http://www.amazon.com/s?ie=UTF8&page=1&rh=i%3Aaps%2Ck%3Apersonal>

5 mistakes I made as a rookie personal trainer By Tony Bonvechio For years, The beauty of personal training is the personal part.

<http://www.fit-pro.com/ME2/dirmod.asp?type=Publishing&mod=Publications%3A%3A Article&mid=8F3A7027421841978F18BE895F87F791&tier=4&id=53B371D46A41450FBB1188F0B1A378EE>

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<http://sports.espn.go.com/espn/page2/story?page=easterbrook/071113>

Nov 10, 2014 Are you new to the world of personal training? If so, welcome!

<http://www.slideshare.net/thePTDC/5-rookie-personal-trainer-mistakes-that-are-killing-your-business>

Most trainers are guilty of number 4 Personal trainers are typically caring, warm-hearted and passionate people. Unfortunately, they are also typically awful

<http://www.corexripfit.com/5-deadly-personal-trainer-mistakes/>

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<http://www.amazon.com/PERSONAL-TRAINER-CONFIDENTIAL-MISTAKES-CHOOSING-ebook/dp/B014N6RT8C>

Personal training is the best job in the World if you go about it the right way. I'm here to help, but you've got to implement. J. Goodman Consulting 2014.

<http://personaltrainerebooks.com/>

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Top 5 Personal Trainer Career Mistakes. By Joe Cannon 4 Comments. When most people write about the mistakes that personal trainers make, they focus on exercises.

<http://www.joe-cannon.com/5-personal-trainer-career-mistakes/>

Mistakes are a part of life, 8 Reasons to Exercise With a Personal Trainer. How the Government Shutdown is Hurting Runners. Alerts. Exercise . fitness . workout .

<http://www.theactivetimes.com/biggest-mistakes-trainers-see-gym>