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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)...



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