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1. Principles of Human Anatomy (20%)

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programs. There is the Standard Package, the Premier Package, and the Exam-Only option. The standard package includes the “bare bones” essentials for test prep (i.e. the personal trainer manual and study guide).

NFPT Review 2020 - NFPT Certification Cost vs Value Comparison

The study guide and

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manual aren't the best organized material I have ever seen, and I wouldn't rely just on the study guide questions if you are serious about the passing the test. Second, This is just general study advice really, but it would serve you well to understand -- conceptually -- the material in the book.

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Tips - Starting-A-Per sonal-Training- Business

Overview of the NFPT Exam And of course you must pass an exam before earning the NFPT personal trainer certification.

The exam is a multiple-choice test, with 120 questions. Each applicant is given two hours to complete the test, and must get at least 750 out of 1000 points to pass.

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NFPT Personal Trainer Certification

To achieve this, NFPT suggests performing 3 to 4 continuous circuits of these 3 movements: Pushing, pulling, squatting What is the optimum rep range to train in for myofibril failure to occur?

NFPT CPT STUDY GUIDE Flashcards | Quizlet

NFPT Anatomy and
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Physiology Exam by:
Anonymous The exam had nothing to do with training. Rather to pass this 'exam' you need to memorize all the bolded words from the manual and where they go as they relate to the human body, i.e. physiology, anatomy/bones...etc. Do that and you will pass. Most of the test was on human anatomy and bones.

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NFPT exam is very hard - Starting-A-Per sonal-Training- Business

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result interpretation.
One minute sit-up test.
Pull ups (men) or modified. pull up (women) Push ups (men) or modified push ups (women) Active demonstrations of the 17 NFPT recommended base exercises with proper spotting techniques.

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