PAY LESS GET MORE

Our team of NESTA experts share their knowledge and expertise, guiding you on the path to becoming an accredited Certified Personal Fitness Trainer.

THE PFT COMPLETE INCLUDES PROCTORED EXAM PLUS:

- Gain access to our comprehensive 14-chapter interactive PDF digital manual, easily printable, covering essential subjects such as Exercise Physiology, Functional Anatomy & Kinesiology, Muscular Anatomy, Biomechanics, Flexibility, Special Populations, and beyond.

- 10+ hours of training videos with interactive review questions, unlimited practice exams ensuring your progress.

- 33 online instructional videos with 3D animations

- Learn about the NESTA Personal Training Success System!

3-Steps to Success!
Easy-to-follow method to jump start your personal training career.
ADDITIONAL LESSONS ON:

- Learn effective sales and business strategies essential for thriving in the personal training industry.
- Learn in-depth analysis for designing an effective and efficient program with impressive results for your clients.
- Benefit from Chris Mohr, RD, PhD, as he provides expert nutrition insights, empowering you to skillfully guide your clients toward optimal health decisions.

DIGITAL PLATFORM & ONGOING SUPPORT:

- Study from any device. Online training can be accessed 24/7 on iPad, iPhone, Android, PC, and MAC.
- Unlimited access to all the training materials including updates, even after earning your certification.

Start Your Journey Today! Begin your path to becoming an industry expert by earning your accredited 4-year Personal Fitness Trainer certification through NESTA.

WE ARE HERE TO SUPPORT YOU EVERY STEP OF THE WAY.

1-877-348-6692
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