

NESTA-PFT

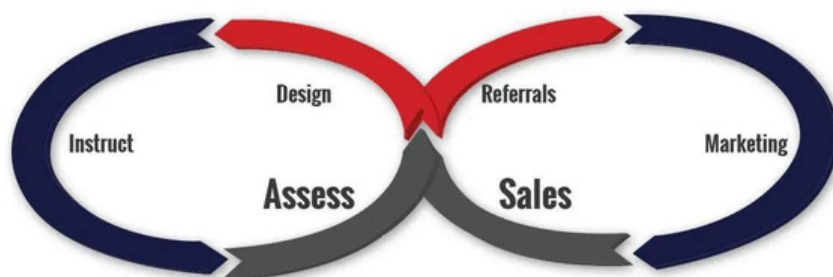
# PAY LESS GET MORE



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.

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## 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.**

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**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

 support@nestacertified.com

**START NOW**