



ATHLETICS AND FITNESS ASSOCIATION OF AMERICA

# GFI STUDY GUIDE

This guide is provided to remind you of key concepts that will likely appear on your exam. You will want to review these concepts and revisit them in the text to ensure you are prepared.



# Afaa Study Guide

**Afaa Exam Secrets Test Prep**

## Afaa Study Guide:

**Afaa Certified Personal Fitness Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America Certified Perso** Afaa Exam Secrets Test Prep,2018-04-12 Includes Practice Test Questions AFAA Certified Personal Fitness Trainer Exam Secrets helps you ace the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam without weeks and months of endless studying Our comprehensive AFAA Certified Personal Fitness Trainer Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you ve ever imagined AFAA Certified Personal Fitness Trainer Exam Secrets includes The 5 Secret Keys to AFAA Certified Personal Fitness Trainer Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don t Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don t Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families Comprehensive sections including Wellness Standard Fitness Assessment Physical Activity Readiness Questionnaire Body Mass Index BMI Cardiorespiratory Fitness METS Method Closed Kinetic Chain Exercises Open Kinetic Chain Exercises Isometric Resistance Training Different Types of Training and Equipment Proper Position of the Body Overtraining Detraining and Retraining Performance or Training Levels Bench Press Incline or Decline Press CVD Cardiovascular Disease Diabetes Cancer ATP Anaerobic Systems for Making ATP Main Muscles and Joint Actions and much more **AFAA Personal Trainer Study Guide** Trivium Test Prep,2013-06-19 When it comes to the AFAA Personal Trainer certification exam you want to be prepared and you will be with our book designed to making studying fun and easy You don t want to waste time and money taking your AFAA Personal Trainer certification exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the AFAA Personal Trainer certification but realize too late when they get their score back that they were not ready at all They weren t incapable and they certainly did their best but they simply weren t studying the right way There are a variety of methods to prepare for the AFAA Personal Trainer certification and they get a variety of results Trivium Test Prep s AFAA Personal Trainer certification Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the AFAA Personal Trainer certification can cost you precious time money and effort that you shouldn t have to spend What is in the book In our AFAA Personal Trainer certification study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions

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