

Become an Online Member

Become a member of fNCCPT.com. When you become an on-line member you not only receive discounts on products but you may receive commission for everyone you refer and everyone they refer up to four levels deep! NO other certification in the industry pays you money or provides a business model to help you create residual income. Join now and start your journey towards financial freedom!

Choose a Membership*

Basic PT Membership Plan: \$4.95/month

- Basic Information Listed on Personal Trainer Locator Database
- 10% off on selected products and services
- Special Discounts for Additional Products and Services
- Monthly Access to the NCCPT Newsletter
- Post classifieds
- Post blogs
- Post job opportunities
- Post a webpage with your personal information

Premier PT Membership Plan: \$9.95/month

- All of the Basic Membership benefits plus:
- Earn commissions from your downline & build financial security
- Personalize your own webpage for the Personal Trainer Locator Database
- Up to 20% off on selected products and services
- Monthly Access to the NCCPT Newsletter
- Access to Client Workout Programs
- View Educational Videos online
- New Monthly Workout Video Download
- Able to use "real time" scheduler to manage our clientele

*All memberships will be Electronic Fund Transfer (EFT) based or automatically billed from an account you provide us with.

Full Registration and Payment Available Online at:
NCCPT.com NCCPT.org FutureFit.net ICCPT.org **(800) 778-6060**

REFUNDS: There are no refunds for any products or services unless damaged. All sales are final. STANDARD PAYMENT TERMS: Master Card, Visa, COD, Cash, Money Order, or wire transfer. Payment by company check may delay shipping 2-3 weeks.



NCCPT

THE NATIONAL COUNCIL FOR CERTIFIED PERSONAL TRAINERS



Educate. Motivate. Elevate.

CERTIFICATIONS COURSES VIDEOS BOOKS EQUIPMENT

Catalog

Personal Training School

GET CERTIFIED

11 Programs to choose from

Personal Training Certification
 Personal Training Home Study
 Personal Training Certification Exam ONLY
 Weight Management Specialist
 Certified Fitness Nutrition Specialist
 Certified Kid's Nutrition Specialist
 Yoga for Personal Trainers
 Kick 2 Fit Kickboxing Program
 Resistance Training Specialist
 Golf Fitness Essentials for Trainers

All Prices Are Subject To Change

Whether you're just starting out or currently working as a personal trainer, the National Council For Certified Personal Trainers, NCCPT, has an entire program specifically geared to the needs and interests of the professional trainer. Our goal is to keep you at the cutting edge of this constantly changing and evolving industry, while providing you with the proper business tools to successfully conduct a well organized and highly profitable business. Students will be exposed to many different facets of Personal Training with the industries "Top Guns".

Personal Trainer Certification Class

Personal Trainer Workshops are held on Saturday & Sunday from 8am - 6pm. Learn what you need to know to become a top-notch trainer. Get some hands on experience and build your confidence. Your itinerary will be:

Saturday:

8:00-8:30 Intro and Definition of a Personal Trainer
 8:30-8:45 Break
 8:45- 9:45 Exercise Physiology
 9:45-10:00 Break
 10:00-11:00 Nutrition
 11:00-11:15 Break
 11:15-12:15 Program Design
 12:15-1:15 Lunch
 1:15 -2:15 Anatomical Terms, Biomechanics, Spine
 2:15- 3:15 Medicine Ball, Unstable Surfaces, Mini-Tramp and Agility Ladder
 3:15-3:30 Break
 3:30 - 6:00 Exercise Application

Sunday:

8:00 -9:00 Flexibility
 9:00-9:15 Break
 9:30 -10:00 Personal Trainer Ethics
 10:0 -10:15 Break
 10:0 - 12:00 Documentation and Fitness Assessments
 12:00-1:00 Lunch
 1:00-2:00 Special Populations
 2:00-2:15 Break
 2:15 -6:00 Program Implementation





Personal Trainer Certification Manual

"The Power of Personal Training" - Included with our 2-day course and our home-study course, this manual will empower you with the knowledge, skill and insight to train different types of clients with a variety of fitness goals. Business forms, waivers, releases, sales contract, workout cards, charts and anatomical drawings are included.

It may now be purchased separately. **plus tax S / H \$50⁰⁰**

PREMIUM MEMBERSHIP PRICE 20% DISCOUNT



Body Fat Caliper

A very accurate caliper to measure body fat. Skin fold measurements are accurate to 1 mm. Rugged plastic construction with stainless steel springs. Easy to read scale up to 80mm. Instructions included. Wt. 1 lb.

plus tax S / H \$29⁹⁵

PREMIUM MEMBERSHIP PRICE 20% DISCOUNT



Foam Rollers

Improve Balance and Stability. A simple, effective balance and alignment tool for developing core stabilization, lower body balance and stamina, and body awareness.

Starting at plus tax S / H \$16⁹⁵

PREMIUM MEMBERSHIP PRICE 20% DISCOUNT



PT Business Package

Included in the package are lead sheets, call sheets, waiver, informed consent, medical release, client profile, workout cards, sales agreement, assessment charts, introductory workout protocol checklist, progress report, sign-in sheet and the Fitness Analysis booklet. All the forms are type-set and ready to copy at any printer. **BONUS: Over 2 Hours of Sales Marketing Tips** on VHS to increase business!

plus tax S / H \$29⁹⁵

PREMIUM MEMBERSHIP PRICE 20% DISCOUNT



Super Future Fit Supplements

- Ultimate Vitamin & Mineral
- Ultimate Fat Burner
- Ultimate Muscle Gainer
- Ultimate Endurance Formula
- Ultimate Joint Formula
- Ultimate Detox
- Ultimate Male
- Ultimate Female

Prices vary. Please go to the website.

<http://futurefit.mitamins.info>

PREMIUM MEMBERSHIP PRICE 20% DISCOUNT

"Success usually comes to those who are too busy to be looking for it." - Henry David Thoreau

PERSONAL TRAINING CERTIFICATION ^{2-Day Workshop} \$499 ^{plus S & H}

CURRICULUM

- Basic exercise physiology
- Basic nutrition
- Proper stretching techniques
- Biomechanics of exercise
- How to get clientele
- How to keep clients motivated and coming back

BONUS

You may purchase a sample test and/or study guide for \$25 each.



PREMIUM MEMBERSHIP PRICE 20% DISCOUNT

Along with your accredited certification, you may purchase your very own Personal Training Business Package designed and organized to prepare you for your new career in personal training. Included are:

- Client Profile Sheets
- Workout Cards
- Postural Assessment
- Telephone Log Sheet
- Body Composition Chart
- Release Waivers
- Stretching Diagram
- Fitness Evaluations
- Sales Contract
- Lead Sheets

HOME STUDY COURSE \$399 ^{plus S & H}

EXAM ONLY \$279 ^{plus S & H}
Includes the manual

Exam available in Spanish

CURRICULUM VIDEOS

- Basic exercise physiology
- Basic nutrition
- Proper stretching techniques
- Exercise application
- Business and Marketing
- Personal Trainer Manual & Exam



PREMIUM MEMBERSHIP PRICE 20% DISCOUNT

Are the workshops too far from your home? Can't get the time off work or school? If you can't come to us, we'll come to you. With our Correspondence Course, you'll receive videos or DVDs covering the complete curriculum. Study these materials and test when you're ready. Once you've passed, we'll send you your Certification in the mail.

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WEIGHT MANAGEMENT SPECIALIST

\$299 plus
S & HPREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT

CURRICULUM

- Basic Principles of Energy Balance
- How to use the ADA Exchange System
- How to estimate total caloric energy expenditure
- How to estimate the energy needs of individual clients
- How to approximate the energy content of foods
- How the body gains and loses weight

CURRICULUM continued

- Myths & Facts about popular weight loss diets, supplements and drugs
- How to conduct nutrition interviews
- How to develop "SMART" healthy eating plans and lifelong behavior changes
- DSHEA provisions
- Principles of weight loss and weight gain

ACCREDITATIONS

8.0 CEU's AFAA-The Aerobic and Fitness Association of America
7.5 CEU's ISSA-International Sports Science Association
0.8 CEU's NASM-National Academy of Sports Medicine
0.8 CEU's NCCPT-National Council For Certified Personal Trainers

Are you tired of all the myths? Are you confident with your knowledge of nutrition and how to get the results your clients want? Why is obesity running rampant in our society? If your clients only spend a few hours a week with you, how can you best educate and guide them towards their fitness goals with sound nutrition advice?

Here's your chance to learn information based on the latest research available. Taught by a Registered Dietitian with expertise in exercise nutrition. This course will empower you to create energy balance for your clients.

Students will receive client handouts, reference sheets, background reading by videos and manuals.

CERTIFIED FITNESS NUTRITION SPECIALIST™

\$399 plus
S & H

CERTIFIED KID'S NUTRITION SPECIALIST™

\$399 plus
S & H

OR BOTH CERTIFICATIONS FOR ONLY

\$649 plus
S & HPREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT

CURRICULUM

- Digestion, absorption, transport and excretion of nutrients
- Energy expenditure & Metabolism Measurement
- Digestion and absorption of Macronutrients
 - Components of Energy Expenditure
 - Energy Measurements
 - Factors Affecting the Metabolic Rate
 - Thermic Effect of Food
 - Direct/Indirect Calorimetry

CURRICULUM continued

- Carbohydrates
- Lipids
- Proteins
- Turn-Key Business Model guiding you on how make an additional \$30K+ per year with as little 1.5 clients per week
- Introduction to Neuro Linguistics
- Case Studies

ACCREDITATIONS

Fitness Nutrition Specialist:
.10 CEU's NCCPT-National Council For Certified Personal Trainers
Kids Nutrition Specialist:
.10 CEU's NCCPT-National Council For Certified Personal Trainers

NCCPT Certified Fitness Nutrition Specialist™ is the original nutrition education program designed by a registered dietitian specifically for the fitness industry. Our Registered Dietitian, Lucho Crisalle, used his vast knowledge in nutrition and his skills as a Master Hemispheric Integration™ and Neuro Linguistic Practitioner (NLP) to create a system that would consistently yield results for his clients and increase his income week to week. It is this system and knowledge that he now shares with you to guide you through his proprietary process of generating additional income from you present clients as well as an altogether new income stream of an additional \$30,000+ per year with as little as 1.5 clients per week. This turn key business model includes free use of Exercise & Nutrition Works, Inc. nutritional software for 90 days

as well as step by step instructions on how to set up your nutrition consulting business. No other program in the industry combines all these resources to provide you the necessary knowledge to increase your credibility, and the opportunity to guide others in making better nutrition choices to reach their health and fitness goals naturally and easily creating a win win situation for all involved: you as the trainer, your clients, and your club.

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Personal Trainer
Daily Journal

Make it easy to keep track of your client's workouts. One page has a section to log their nutrition, including time of meal, amount of calories and the type of foods consumed. The opposite page allows you to track their cardiovascular training including the time and mode as well as their resistance training including weight, reps and sets. This is the best way to show progress.

plus
tax S / H \$14⁹⁵Certification
Sample Test

Worried about passing the exam? The sample test has many of the same questions asked on the Personal Trainer 2-day or the Personal Trainer Home Study certification course. By purchasing this sample test, you may highly improve your score.

Purchase with the Study
Guide and get \$10 OFF tax S / H plus
\$25⁰⁰

Agility Ladder

15-foot nylon ladders constructed with adjustable sections. PVC ends add durability. Specifically designed for agility training, large ladder spaces reduce the risk of ankle strains, provide more foot placement area than the traditional agility ladders, and will not scratch floor surfaces. The 15-foot ladder is perfect for small groups of six or less

plus
tax S / H \$99⁰⁰

Medicine Balls

It's the strongest Synthetic Rubber Medicine Balls made. Heavy textured surface for varied training exercises. Small diameter for more varied training exercises. Can be used indoors or outdoors. They bounce. Exercise chart included. Other sizes are also available.

Starting at: plus
tax S / H \$15⁹⁵Certification
Study Guide

The NCCPT Personal Trainer exam is very challenging. Most people learn by doing. We have developed this study guide to help you do just that! Read the chapters in your NCCPT personal training manual first. Use this study guide to check your knowledge. If you can't find the answers, we've provided them for you in the back of the study guide. Now you're ready for the Sample Test (not included in this study guide) which has sample questions to help prepare you for your NCCPT Personal Trainer Certification exam.

Purchase with the Sample
Test and get \$10 OFF tax S / H plus
\$25⁰⁰PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNTPREMIUM
MEMBERSHIP
PRICE
20% DISCOUNTPREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT

"Success always comes when preparation meets opportunity." - Henry Hartman

Continuing Education

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**



Unstable Surfaces
\$24.95 / VHS plus tax S/H

Training on unstable surfaces has been known to increase proprioception, balance, coordination and core strength. These techniques can help you train a wide array of clientele from the elderly to the accomplished athlete. If you haven't tried this stuff, then you're in for a treat.

0.1 CEU NCCPT-National Council For Certified Personal Trainers

**All Videos
Offered in both
VHS & DVD**

*"Perseverance
is not a long race.
It is many short races
one after another."*

- Walter Elliott



Fitness Pack
\$49.95 / 3 DVDs plus tax S/H

Three of the most requested videos. Medicine Ball Training, Unstable Surfaces, and Agility Training. Normally, each video runs \$24.95. But this pack is specially priced at \$49.95

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

0.3 CEUs NCCPT-National Council For Certified Personal Trainers



PT Essentials Pack
\$99.00 / 5 VHS & DVD plus tax S/H

Five of the most requested videos. Medicine Ball Training, Unstable Surfaces, Agility Training and Exercise Applications 1 & 2. Normally each video runs \$24.95. But, this pack is specially priced at \$99.00!

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

0.7 CEUs NCCPT-National Council For Certified Personal Trainers

RESISTANCE TRAINING SPECIALIST

\$399* plus
S & H

RTS LEVEL ONE CURRICULUM

- RTS¹ is a video course offering a broad spectrum of information:
 - Fundamental science often neglected
 - Intermediate to Advance biomechanics
 - Basics of joint forces
 - Assessment and progression
 - Mechanical Physiology
 - Components of flexibility training

CURRICULUM continued

- This is the best preparation for the RTS course, without a masters degree or higher.
- Exclusively offering the NM[®] System of resistance training NeuroMechanix[®]
- * Exam must be purchased separately

ACCREDITATIONS

1.6 CEU's ACE-The American Council on Exercise
1.6 CEU's NASM-National Academy of Sports Medicine
1.6 CEU's NCCPT-National Council for Certified Personal Trainers

All exercise, from cardio to strength training, is based upon two key factors:

1. The perfection of movement patterns and
2. The production and tolerance of force!

For this reason, all exercise is, objectively, resistance exercise. Ultimately, it is the perfection of the movements and the way in which force is applied that determine not only the benefits of an exercise, but also the level of risk to key parts of the body such as joints.

Biomechanics applied to exercise

- Joint structure, mechanics and forces
- The mechanics of load application
- The mechanical progression of exercise
- Range of motion components
- Analysis of tubing, machines, home gyms, etc.

This video course contains over 20 hours of essential information every Personal Trainer should have!

"Private Label" Your Own Supplements

<http://futurefit.mitamins.info>



Want to add instant credibility to your personal training business? Why not sell high quality supplements to your clients with your OWN company name on them? Don't send your clients to spend their money somewhere else and not know what they are taking.

Keep track of their supplementation and service your clients and keep the money yourself!

There are no minimum orders and no start up costs. Go to <http://futurefit.mitamins.info> and click on the bottom right hand corner at "Your Own Webstore Here."

FAT BURNING WORKOUTS - 3 DVDs!

THESE WORKOUTS WILL GUIDE AND MOTIVATE YOU TO TRANSFORM YOUR BODY IN JUST 12 WEEKS!



Fat Burning Workouts is a fun, interesting and efficient way to exercise in just 30 minutes a day in the comfort of your own home! These are the ultimate circuit training workouts. Each circuit targets the upper body, lower body, the core or abdominals and then integrates a full body movement for the extra calorie burn.

Because the human body adapts fairly quickly to exercise, there are a Beginner, an Intermediate and an Advanced Series. We keep the workouts interesting by providing you two different workouts per series. You may perform them in sequence, or mix them at your own

\$9.95 each or \$24.95 for all 3

plus tax S/H

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

YOGA for PERSONAL TRAINERS by Desirée Bartlett **\$299** plus S & H

CURRICULUM

- Learn the origins and principles of Yoga.
- Learn how to perform the most popular yoga poses.
- Learn the contraindications and how to modify the different poses to accommodate different levels of fitness.
- Learn how to create and implement yoga-based programs for your clients.
- Develop a sense of inner balance.
- Integrate yoga into your personal training sessions.

Desirée Bartlett M.S., CPT, has been in the health & fitness field for 13 years. She is originally from Chicago, where she completed her Bachelor's degree in Kinesiology and her Master's degree in Corporate Fitness.



After college, Desirée moved to Cabo San Lucas, Mexico, where she owned a fitness studio, Cabo Health & Fitness. While living in Mexico, she discovered Yoga, and studied in Mexico, Costa Rica and Los Angeles. She now holds certifications in Yoga, Personal Training, Group Exercise and Spinning.

ACCREDITATIONS

0.8 CEU's The National Council for Certified Personal Trainers
8.0 CEU's International Sports Sciences Association
6.0 CEU's Aerobics and Fitness Association of America
1.0 CEU's National Academy of Sports Medicine

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

KICK 2 FIT PROGRAM by Zak Lee

CURRICULUM

- How to execute a variety of punches correctly
- How to execute a variety of kicks correctly
- How to wrap your client's hands for punching
- How to create combinations with punches, kicks or a variety of both
- How to create conditioning drills for your clients
- Sample kick boxing workouts for your clients
- How to condition for kick boxing

- 30 years of martial arts and fitness experience from around the world.

- Certified Personal Trainer NCEP, NCCPT.
- World Martial Arts Champion.
- 3rd Degree Black Belt for W.A.K.O. Federation.
- 1st Degree Black Belt for the SKKI federation.

ACCREDITATIONS

0.8 CEU's The National Council for Certified Personal Trainers
10.0 CEU's International Sports Sciences Association

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

\$299 plus S & H

About ZAK LEE



Strength, endurance and flexibility are the basic components in every personal training session. Yoga is another method of helping us develop these three fundamental principles.



"Calmness is the living breath of God's immortality in you."

Paramahansa Yogananda

The K2F-Kick 2 Fit course is designed to prepare participants to teach safe and effective kick boxing and a martial arts exercise program through the development of leadership and technical skills.

The K2F Program provides a broad overview of this fitness modality and serves as an excellent foundation for anyone interested in teaching in this area. This program provides the specific knowledge to teach safe and effective kick boxing fitness classes, describe the proper form and alignment for each of the kicks, punches and footwork. This will be a great addition to your personal training practice.

K2F-Kick 2 Fit Program discusses both equipment-based and non-equipment-based kick boxing classes, and includes specific information on how to build basic drills, body conditioning exercise and choreography tips based on different martial arts style.

Continuing Education



Exercise Application 1 & 2
\$49.90 / 2 VHS or DVD
plus tax S/H

These two tapes cover the entire body in the gym. Resistance profiles, strength profiles, spotting and safety features are covered. These tapes are a must if you are training people in the gym!

.4 CEUs NCCPT-National Council For Certified Personal Trainers



Business and Marketing
\$49.95 / DVD
plus tax S/H

Scientific information is essential for every Personal Trainer, but it won't pay the rent. Learn how to market yourself successfully. Pricing, advertising, fitness assessments and legal issues are all covered in this informative video. Don't subject yourself to the pitfalls most trainers encounter. Learn how to MAKE MONEY!

.25 CEUs NCCPT-National Council For Certified Personal Trainers



Medicine Ball Training
\$24.95 / VHS or DVD
plus tax S/H

If you want to learn how to train with a medicine ball then this tape is for you! Learn the basics of medicine ball training. This tape will give you a ton of exercises to perform with your clients.

0.1 CEU NCCPT-National Council For Certified Personal Trainers



Agility Training
\$24.95 / VHS or DVD
plus tax S/H

The ability to move quickly can save your life, not to mention make you a better athlete. In this video you'll learn a variety of running drills and plyometrics you can use with your clientele or athletes. Use these skills to help your clients burn fat as well. They're a lot more fun than running on a treadmill.

0.1 CEU NCCPT-National Council For Certified Personal Trainers

**ALL PRODUCTS
THIS PAGE
PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

*Even while
you teach,
you learn."*

- Seneca

Massage Therapy

"Increase recovery speed and reduce stress..."



NCCPT is now offering CEUs for our new Self-Treatment Massage DVDs taught by Boris Prilutsky, MA, who has more than 32 years of clinical experience in the fields of physical rehabilitation, medical massage, and sports medicine.

Vol. 1	Neck & Upper Back	Vol. 5	Hamstring, Quadriceps & Knee
Vol. 2	Shoulder	Vol. 6	Shin & Ankle
Vol. 3	Elbow & Wrist	Vol. 7	Pre-Event Warm Up
Vol. 4	Lower Back	Vol. 8	Stress Management

Each DVD is \$99.95 + S/H
CEUs vary between 0.15 - 0.2 depending on DVD purchased.
Price includes written exam which must be passed to receive CEUs.

THE GOLF FITNESS ESSENTIALS for TRAINERS

The Golf Fitness Essentials for Trainers manual is a comprehensive guide to training the golfer in a fitness setting. The manual/course will teach you the anatomy, biomechanics, exercises, program design, swing faults, injury prevention, and nutrition related to golf. This 250 page educational manual consists of every aspect of golf-specific strength & conditioning you need to know to know to evaluate and train golfers in your community. Over 100 pages of Golf-Specific Exercises!

HOME STUDY: \$199.99 + S/H

Includes online exam. To obtain CEU's online exam must be passed.

Manual Only: \$69.99 + S/H

ACCREDITATIONS:

NCCPT.....1.0 CEU's
NASM.....1.6 CEU's
NSCA.....1.5 CEU's
ACE.....1.2 CEU's

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**



FUNCTIONAL TRAINING

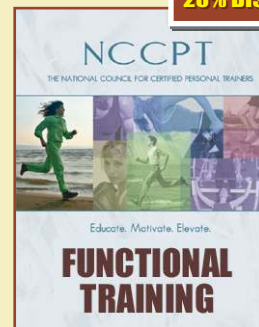
What is functional training? Learn how to define Functional Training by learning what Functional Training is not. Learn to differentiate between joint function, activities of daily life and sports.

Learn the pros and cons of functional training and when to integrate it into a Periodization model.

Learn how to construct functional exercises while considering the forces created in the body.

This DVD will bring some light to the controversy of what is a functional exercise and review some of the studies on increasing functional efficiency.

PRICE: \$49.95 + S/H



ACCREDITATIONS:
 NCCPT.....0.4 CEU's
 AFAA.....3.0 CEU's
 ISSA.....4.0 CEU's
 NASM.....0.4 CEU's
 ACE.....0.4 CEU's

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

TRAINING THE CORE

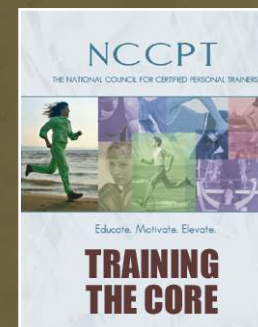
Where and what is the core?

Do you know what muscles make-up the core? Learn how to differentiate between the inner unit or local musculature and the outer unit or global musculature.

Learn the nuances in training the inner unit and the outer unit.

Are stable or unstable surfaces better for training the core? This DVD will

surfaces to train the core. You will be surprised at what you will learn. Learn the benefits of training on a stable surface integrating ground reaction forces. Without a strong core, your clients performance will not be at it's peak.



ACCREDITATIONS:
 NCCPT.....0.4 CEU's
 AFAA.....3.0 CEU's
 ISSA.....4.0 CEU's
 NASM.....0.4 CEU's
 ACE.....0.4 CEU's

**PREMIUM
MEMBERSHIP
PRICE
20% DISCOUNT**

PRICE: \$49.95 + S/H

