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[\*NFPA Personal Trainer Certification - Fitness Assessment Testing 22\*](#)

*NFPA Personal Trainer Certification - Fitness Assessment Testing 22 von NFPAfitness85 vor 1 Jahr 16 Minuten 12 Aufrufe 22 , FITNESS , ASSESSMENT AND TESTING: , Fitness , Assessment.*

[\*NFPA Personal Trainer Certification - Muscular Strength 38\*](#)

*NFPA Personal Trainer Certification - Muscular Strength 38 von NFPAfitness85 vor 1 Jahr 8 Minuten, 3 Sekunden 4 Aufrufe 38 MUSCULAR STRENGTH: Strength Exercises.*

[\*NFPA Personal Trainer Certification - Fitness Assessment Testing 23\*](#)

*NFPA Personal Trainer Certification - Fitness Assessment Testing 23 von NFPAfitness85 vor 1 Jahr 9 Minuten, 29 Sekunden 5 Aufrufe 23 , FITNESS , ASSESSMENT AND TESTING: Body Composition.*

[\*NFPA Personal Trainer Certification - Cardiovascular Training 26\*](#)

*NFPA Personal Trainer Certification - Cardiovascular Training 26 von NFPAfitness85 vor 1 Jahr 14 Minuten, 44 Sekunden 5 Aufrufe 26 CARDIOVASCULAR TRAINING: Principles of Training.*

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## [NFPA Personal Trainer Certification - Cardiovascular Training 25](#)

*NFPA Personal Trainer Certification - Cardiovascular Training 25 von NFPAfitness85 vor 1 Jahr 7 Minuten, 11 Sekunden 5 Aufrufe 25*  
CARDIOVASCULAR TRAINING: Cardiovascular Training.

## [NFPA Personal Trainer Certification - Special Populations 43](#)

*NFPA Personal Trainer Certification - Special Populations 43 von NFPAfitness85 vor 1 Jahr 9 Minuten, 53 Sekunden 3 Aufrufe 43 SPECIAL POPULATIONS: Pregnancy.*

## [\[ASMR\] PERSONAL TRAINER ROLE PLAY - My Workout Routine!](#)

*[ASMR] PERSONAL TRAINER ROLE PLAY - My Workout Routine! von ASMR Guy vor 2 Monaten 22 Minuten 33.637 Aufrufe ASMR Hey everyone! I got another , personal trainer , role play for you all! I know you enjoyed the first one and I got a lot of requests ...*

## [Q\u0026A zu GESUNDE ERNÄHRUNG \(Vegan, Saftkur, Obst in der Diät, Eier und Cholesterin\)](#)

*Q\u0026A zu GESUNDE ERNÄHRUNG (Vegan, Saftkur, Obst in der Diät, Eier und Cholesterin) von Coach Stef vor 3 Monaten 13 Minuten, 3 Sekunden 34.005 Aufrufe Ihr habt mir auf Instagram Fragen zum Thema GESUNDE ERNÄHRUNG gestellt und heute gibt es die Antworten dazu. Was halte ...*

## [Weight Loss Coach Reacts to Personal Trainers Trying Junk Food](#)

*Weight Loss Coach Reacts to Personal Trainers Trying Junk Food von FrumpyFit vor 6 Monaten 13 Minuten, 16 Sekunden 41.307 Aufrufe Let's talk about junk food! I've been getting some hate recently in regards to me saying it's okay to eat junk food. How could I ...*

## [V-FORM bekommen | So bekommst du den V-TAPER | Rücken in V Form trainieren](#)

*V-FORM bekommen | So bekommst du den V-TAPER | Rücken in V Form trainieren von Coach Stef vor 5 Monaten 5 Minuten, 51 Sekunden 43.117 Aufrufe Heute zeige ich dir, wie du eine V-Form bekommst. Man nennt es auch V-Taper. In*

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3 Schritten gehen wir zusammen die ...

## [Workout mit THE GAME in #LosAngeles \(VLOG\)](#)

*Workout mit THE GAME in #LosAngeles (VLOG) von Coach Stef vor 1 Jahr 8 Minuten, 18 Sekunden 102.897 Aufrufe Wir sind heute bei THE GAME in Los Angeles und trainieren den Oberkörper. Ich habe ja gesagt, dass ich keine Lust auf ...*

## [NFPA Personal Trainer Certification - Cardiovascular Training 28](#)

*NFPA Personal Trainer Certification - Cardiovascular Training 28 von NFPAfitness85 vor 1 Jahr 7 Minuten, 3 Sekunden 3 Aufrufe 28  
CARDIOVASCULAR TRAINING: Caloric Expenditure.*

## [NFPA Personal Trainer Certification - Flexibility 39](#)

*NFPA Personal Trainer Certification - Flexibility 39 von NFPAfitness85 vor 1 Jahr 8 Minuten, 19 Sekunden 7 Aufrufe 39 FLEXIBILITY: Benefits Guidelines.*

## [NFPA Personal Trainer Certification - Exercise Physiology 4](#)

*NFPA Personal Trainer Certification - Exercise Physiology 4 von NFPAfitness85 vor 1 Jahr 19 Minuten 6 Aufrufe 4 EXERCISE PHYSIOLOGY: Energy Systems (1)*

## [Top 3 Personal Training Certifications EXPLAINED - How to Get Certified](#)

*Top 3 Personal Training Certifications EXPLAINED - How to Get Certified von The Movement System vor 1 Jahr 15 Minuten 4.812 Aufrufe This video explains the Pro's and Con's of the TOP 3 , Personal , Training Certifications. Find out which Certification is Right for YOU!*