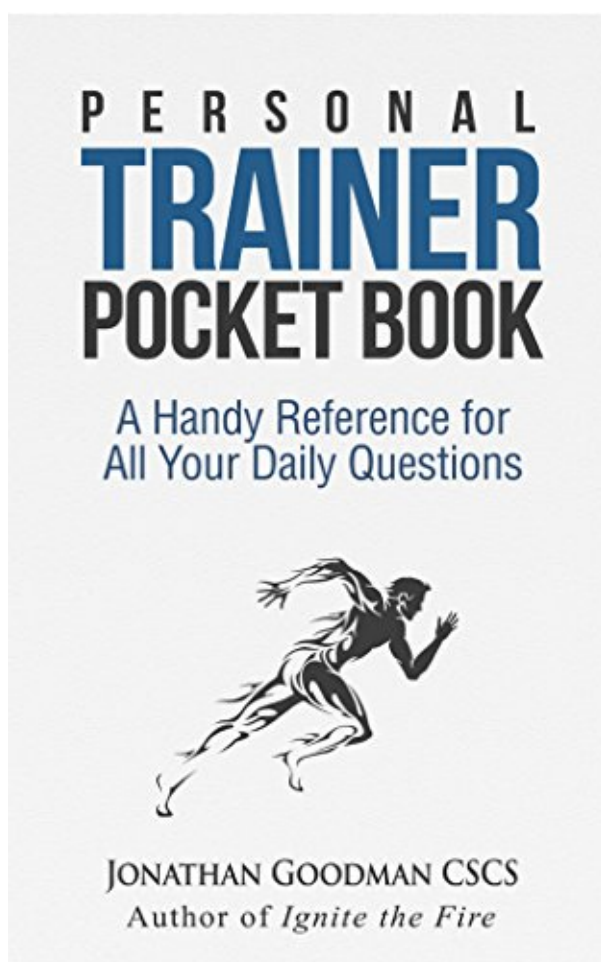


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A Handy Reference for  
All Your Daily Questions



JONATHAN GOODMAN CSCS  
*Author of Ignite the Fire*

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From the Author  
Hey,

I'm Jon or, as most call me, Coach Jon.

I believe that personal training is the best job in the world and I work hard to give everyone a chance to build a successful, fulfilling, and profitable career. Everything I teach and preach is rooted in integrity.

Through my work, I've helped thousands of trainers grow their career and I share everything I know in my books.

Whether you're a new or experienced trainer, I think I can help you. Please enjoy my books and I'd love for you to check out my site, the Personal Trainer Development Center ([theptdc.com](http://theptdc.com)).

Thanks,

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- Released on: 2015-03-06
- Format: Kindle eBook

From the Author

Hey,

I'm Jon or, as most call me, Coach Jon.

I believe that personal training is the best job in the world and I work hard to give everyone a chance to build a successful, fulfilling, and profitable career. Everything I teach and preach is rooted in integrity.

Through my work, I've helped thousands of trainers grow their career and I share everything I know in my books.

Whether you're a new or experienced trainer, I think I can help you. Please enjoy my books and I'd love for you to check out my site, the Personal Trainer Development Center ([theptdc.com](http://theptdc.com)).

Thanks,

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and have a great memory. These all make my methods relatively strong

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