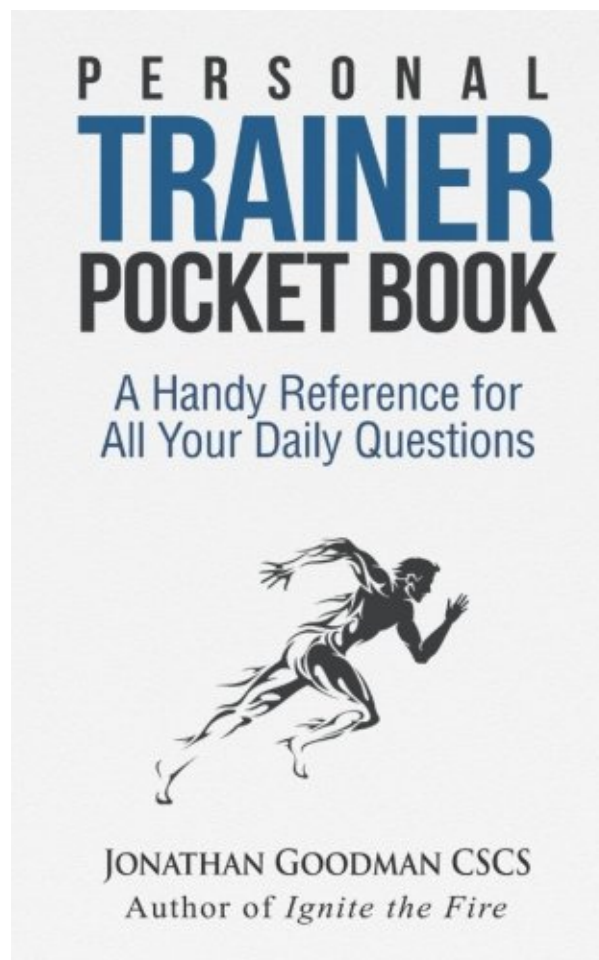


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JONATHAN GOODMAN CSCS
Author of *Ignite the Fire*

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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).

Thanks,

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"Finally, a guide that answers all of your questions about personal training in one simple book"

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- Number of items: 1
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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).

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

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