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AND COMPETITION. Make sure the
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not be an isolated place as this
will fail... 2.NICHE. Gym centres
with niche have a task of creating
their brand image in the market
by strong positioning statements.
3.PROCESS ...

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Skinfold Testing — measuring body fat levels.

Complete Guide to Fitness Testing
- Topend Sports
Fitness Professionals: The Fitness

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Instructor's Handbook is the essential guide for anyone working in, or wishing to enter, the fitness industry. It covers every component of the industry standards for both Level 2 and 3 qualification, and offers the perfect blend of theory and practice on every aspect of health and fitness.

The Fitness Instructor's Handbook: A Complete Guide to

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The Complete Guide to Sport Supplements He also recommends sourcing a decent BCAA supplement to take pre and intra-workout and round out your bodybuilding diet.

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