



Lifting the Bar: The 5 'P's of Becoming a Highly Successful Personal Trainer

Tristan Hill

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'The knowledge Tristan has shared has given me the confidence to deliver a service that now exceeds the expectations of my clients. This has seen my business go from strength to strength – thank you so much.'

– **Janet McMinn, Bootcamps Australia Franchisee**


Do you want to be able to achieve consistently outstanding results for your clients and boost your industry credibility? Do you want to skyrocket your lead generation and client retention rates in your personal training business?

Great news! *Lifting the Bar* will give you the know-how to do all this and more.

Whether you are a new personal training graduate or are already well-established in the fitness industry, *Lifting the Bar* is a practical guide to achieving professional success. Author, Tristan Hill introduces you to his 5-step framework which provides in-depth knowledge of movement analysis and exercise prescription. You will gain the confidence to engage with and convert the leads that represent your dream clientele and give you financial security. At the same time, Tristan advises you how to safeguard yourself against the common pitfalls that force thousands of personal trainers out of business every year.

If your goal is to maximise your prospects in what is one of the world's most competitive, yet rewarding, industries, then this book is for you.

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Max Norris:

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People live in this new moment of lifestyle always attempt to and must have the spare time or they will get lot of stress from both daily life and work. So , if we ask do people have time, we will say absolutely of course. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to you actually of course your answer can unlimited right. Then ever try this one, reading ebooks. It can be your alternative within spending your spare time, often the book you have read is usually Lifting the Bar: The 5 'P's of Becoming a Highly Successful Personal Trainer.

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