

Strength Academy Offers NASM Personal Trainer Certification Program in Los Angeles and More

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Strength Academy, which is based in Van Nuys, CA, does more than just personal trainer certifications in Los Angeles. They provide a National Academy of Sports Medicine (NASM) certification program for people who want to make a change and become part of the fitness industry, or personal trainers who want to improve their expertise level. The course that they provide includes hands-on training that allows a personal trainer to be updated on the knowledge that is needed to pass the NASM certification exam in a period of just five weeks.

They also provide a gym facility in Van Nuys where personal trainers are able to rent a space where they can meet their client in a private gym with modern exercise equipment and a great atmosphere. The Strength Academy Gym is a 2,000 square foot fitness club that offers the privacy similar to that found in a home or garage fitness gym but with private personal trainers and advanced strength equipment for a complete training program. Personal trainers who use this gym know that their clients are going to enjoy training there, and be more likely to register for gym membership than they would elsewhere. The great atmosphere of the gym will also encourage people to stick to their exercise routine. This private gym stands out among the crowd because of several factors, such as: unequalled privacy, an environment that encourages more effective workouts, and special amenities not often found in other gym memberships.

Also located at the Strength Academy location on Sepulveda Boulevard in Van Nuys, just minutes from Sherman Oaks, is the Strength Academy Recovery Club that is equipped with NormaTec products that allows personal trainers and their clients to benefit from the same compression therapy that top athletes like Kevin Durant and LeBron James use to ensure their bodies are in top condition. NormaTec employs connected attachments including a leg attachment (or NormaTec boots), a shoulder attachment, and an upper quad attachment, to provide a full body recovery system. The boots get filled with air to conform accurately with the athlete's body shape and then provide a patented massage pattern that offers the perfect recovery massage. The intensity level and maximum pressure can be adjusted through a control unit by the personal trainer. This

NormaTec pulse massage pattern has been proven to enhance range of motion and blood flow with continued use.

The NormaTec system was developed by a physician bioengineer and it is based on the idea that the body's normal circulatory flow can be enhanced through pulsing, gradients, and distal release. This has the capability to improve the normal recovery process of the body. Thus, professional athletes in the NFL, cycling, NBA, CrossFit, and other major professional sports are using NormaTec to boost their recovery level.

Strength Academy offers a Trainers Club that allows personal trainers to rent a private space where they can train their clients. This offers various advantages to personal trainers who want to boost their business, such as: privacy and safety for their clients; independence to build their business; cleanliness and sanitizing; solo private sessions that are crowd free; private access; no contracts; 2,000 square feet of space filled with cardio, strength, and boxing equipment to provide that ideal training session; ability for people to take their personal training business into their own hands; and ease of getting started.

Strength Academy has the mission of offering a hands-on, face-to-face program for new fitness professionals to help them pass the exam to become a Certified Personal Trainer. The academic curriculum that they offer, when used in combination with practical application, provides the student with the necessary skills and knowledge for a personal trainer. It includes how to strengthen relationships with clients and how to create programs that distinguish a trainer from others.

Those who would like to know more about Strength Academy can visit their website at <https://sacpt.org/>, or contact them through the telephone or via email. They are open from 9:00 am to 6:00 pm, from Monday to Friday.

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For more information about Strength Academy Personal Trainer Certification, contact the company here: Strength Academy Personal Trainer Certification Natalia Lane +1 818-858-6395 Natalia.Lane@sacpt.org 6314 Sepulveda Blvd, Van Nuys, CA 91411, United

Strength Academy Personal Trainer Certification

Become a NASM Certified Personal Trainer in just 5 weeks with the #1 Personal Trainer School in Los Angeles! We will help you ace your NASM-CPT exam in our accelerated 5-week hands-on course. We're here to set you up for a successful fitness career.

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