

An anatomical illustration of a human male torso, showing the muscles and skin. The illustration is detailed, showing the pectoral muscles, abdominal muscles (including the rectus abdominis), and the muscles of the arms and back. The color palette is primarily shades of red and orange, with some white highlights to show muscle fibers and connective tissue. The background is black.

Certified vs. Qualified

**An in-depth look at the myth
conceptions of exercises
and how to excel in the
fitness industry.**

by Dave Parise CPT, FPTA

Certified vs. Qualified *Are you both?*

Certified vs. Qualified delivers exactly what the title says. There is a huge delineation between the two. We have been misinformed and brainwashed by the way an exercise feels. Understanding proper anatomical function is what separates the requested professionals from the “rent-a-buddies”™.

The next level of personal trainers will be more informed; more educated, and understand the difference between function and dysfunction. After 25 years, Dave Parise’s passion and his quest to educate and inform has helped numerous trainers across the country.

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