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**Reputable Online Portals**

The internet is filled with resources that you can use as a personal trainer. Here are some of the best of them.

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**Personal Development and Career Success**

[The Personal Training Development Center](https://www.feedspot.com/infiniterss.php?_src=feed_title&followfeedid=4870895&q=site:https%3A%2F%2Fwww.theptdc.com%2Ffeed)

Filled with tons of information that covers just about every aspect of personal training, The Personal Training Development Center is the brainchild of Jonathan Goodman. Jonathan has also published numerous personal training books over the years.

[PT Pioneer](https://www.ptpioneer.com/)

Well, I have to include my own website, right? PT Pioneer helps aspiring personal trainers in a number of ways. The subjects covered on the website include certifications, specializations, certification study guides, study tips, continuing education and everything you need to know as a new personal trainer.

**Exercise Science and Kinesiology**

[American Kinesiology Association](https://www.americankinesiology.org/)

The core aim of the American Kinesiology Association is to promote the field of Kinesiology. It does this in a number of ways and AKA website is filled with resources for you to make use of. The AKA also hosts workshops, webinars and even has a career center advertising positions around the United States. Some sections require membership of the American Kinesiology Association.

[E-Anatomy](https://www.imaios.com/en/e-Anatomy)

As an Anatomy resource, E-Anatomy is unparalleled. An interactive atlas of the human body, E-Anatomy includes 6 700 anatomic structures and over 670 000 medical labels.

[Healthline Human Body Maps](https://www.healthline.com/human-body-maps)

Healthline’s Human Body Maps is an interactive resource that sees the human body broken down into its various systems. These include the respiratory system, cardiovascular system, digestive system and more.

[American College of Sports Medicine](http://www.acsm.org/)

An extensive website that covers just about everything in sports medicine, the American College of Sports Medicine’s online portal has information about continuing education, information on certifications as well as an informative blog.

[Learn Muscles](https://learnmuscles.com/blog/)

An online streaming site with continuing education in mind, Learn Muscles has over 1 800 video lessons that covers everything you need to know about the muscle structure within the human body.

[Biodigital](https://www.biodigital.com/)

An interactive 3D software platform, Biodigital’s Human online portal includes interactive 3D visualizations of the body which can be customized to your needs.

[Sports Injury Clinic](https://www.sportsinjuryclinic.net/)

A free website that focuses exclusively on sports injuries, Sport Injury Clinic includes a handy symptom checker tool as well as information on rehabilitation and exercises based on the type of injury.

[National Strength and Conditioning Association](https://www.nsca.com/education/articles/)

To access most of the information on this website, you will need to be a member of the National Strength and Conditioning Association. There is a wealth of information here, however, that makes it worthwhile.

[International Society of Biomechanics in Sport](https://isbs.org/)

Another site where you will be required to be a member to access certain sections, the International Society of Biomechanics in Sport online portal includes information on conferences and more. According to ISBS, the main aim of the site is to “provide a forum for the exchange of ideas for sports biomechanics researchers, coaches and teachers.”

**Exercise and Programming**

[Breaking Muscle](https://breakingmuscle.com/)

Breaking Muscle is an excellent resource when it comes to exercise and programming. They also offer the opportunity to write for the website, a great way to get your name out there in the fitness world.

[T-Nation](https://www.t-nation.com/)

T-Nation has been around since the late ‘90s and is one of the best training sites available online today. Here you will find all the information you need when it comes to both exercises and programming. But there’s plenty of other useful information on weight loss, supplements, excellent blogs and even exercise videos.

[Muscle and Fitness](https://www.muscleandfitness.com/)

There’s a lot to work through on the Muscle and Fitness website. The workout portal here is extensive but the website also includes information on nutrition and more.

[Muscle and Strength](https://www.muscleandstrength.com/)

Articles, videos, workout plans, a full range of videos, Muscle and Strength is an online portal that’s comprehensive in what it offers personal trainers. The landing page is broken down into the top articles in each section so finding informative pieces to improve your knowledge is simple.

[ISSA](https://www.issaonline.com/blog/)

We all know ISSA as one of the top certification organizations in the United States. The blog section on their website is a treasure trove of informative pieces that personal trainers should regularly visit.

[NASM](https://blog.nasm.org/)

Another top certification organisation, NASM’s blog section is also filled with many useful articles for personal trainers.

[Ace Fitness](https://www.acefitness.org/education-and-resources/lifestyle/blog/)

Much like ISSA and NASM, ACE’s blog section should be a regular read for all personal trainers. It’s filled with useful articles, not only for you but some that you can send onto your personal training clients as well.

[Barend](https://barbend.com/)

Not only does Barend have a podcast that you can listen to but the website also covers workouts, nutrition, contains exercise guides and more. It’s a brilliant resource.

[Rogue Fitness](https://www.roguefitness.com/)

When it comes to training equipment, Rogue Fitness has you covered.

[Stack](https://www.stack.com/)

Stack is an extensive website that covers exercises, workouts, nutrition, equipment and training gear. It also features in-depth articles that are well worth a look.

[BodyBuilding](https://www.bodybuilding.com/category/training)

With information on supplements, strength training and more, BodyBuilding.com is one of the most popular fitness portals on the internet.

[Advance Human Performance](https://www.advancedhumanperformance.com/blog)

An excellent blog by Dr Joel Seedman, Advance Human Performance is packed with informative articles that focus on exercise.

[Squat University](https://squatuniversity.com/first-content-block/blog/)

The blog section at Squat University is an excellent resource for personal trainers and is worth checking out from time to time. What I like is that it’s broken down into sections, for example, mobility training, biomechanics and training theory to name a few.

[ExRx](https://www.exrx.net/)

ExRx is a huge resource for personal trainers. Its exercise database is extensive but the site also includes useful fitness calculators, has information on nutrition and weight loss and also includes expert talks.

**Ground breaking individuals in fitness**

[Bret Contreas](https://bretcontreras.com/)

[Tony Gentilcore](https://tonygentilcore.com/)

[Eric Cressey](https://ericcressey.com/)

[Dean Somerset](https://deansomerset.com/)

[Mike Robertson](https://robertsontrainingsystems.com/)

[Mike Reinold](https://mikereinold.com/)

[Zack Long](https://thebarbellphysio.com/blog/)

**YouTube channels**

[Athlean X](https://www.youtube.com/channel/UCe0TLA0EsQbE-MjuHXevj2A)

[Tony Gentilecore](https://www.youtube.com/user/HurstTony)

[Bret Contreras](https://www.youtube.com/user/bretcontreras1)

[Eric Cressey](https://www.youtube.com/user/ecressey)