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Nsca-Cpt Exam Kristie Pugh, 2021-08-18
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NSCA's Essentials of Personal Training Third Edition With HKPropel Access is the definitive resource for personal trainers, health and fitness instructors and other fitness professionals. It is also the primary preparation source for those taking the NSCA CPT exam.

NSCA's Essentials of Personal Training NSCA -National Strength & Conditioning Association, 2011-10-27

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NSCA's Essentials of Training Special Populations

NSCA-National Strength & Conditioning Association, Jacobs, Patrick, 2017

NSCA's Essentials of Training Special Populations is an ideal preparatory guide for those seeking CSPS certification. The book is also a practical reference for exercise professionals who work with clients with various conditions and disorders.

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