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主编: A. 布拉夫, 布拉德·C. 布雷特, 布雷特·C. 布雷特  
Matthew A. Bratt, Brad C. Brett, Brett C. Brett  
出版: ZEPHYRUS® 出版集团, 译者: 陈洁, 陈洁

# NASM-CES

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explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

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