

# Nhe Master Personal Trainer Exam Study

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providing detailed profiles on certification and accreditation programmes in the us this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence

unique to thomson wadsworth this booklet takes students through the complicated process of picking the type of careers they want to pursue how to prepare for the transition into the working world and insight to different types of career paths education requirements and reasonable salary expectations included is also a designated chapter that discusses some of the legal issues that surround the workplace including discrimination and harassment this supplement is complete with personal development activities designed to encourage the students to focus and develop better insight into their future

presents classic calisthenics a circuit training program and plyometric drills to enhance strength power and muscle tone

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