

Nsca Essentials Personal Training

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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

this book is a resource for personal trainers health and fitness instructors exercise scientists and other fitness professionals as well as the primary preparation source for the nsca certified personal trainer examination it is an essential reference for anyone

preparing for or already working in a career as a personal trainer back cover

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