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Nasm Essentials Of Personal Fitness

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NASM essentials of personal fitness training (Book, 2021 ...

NASM Essentials of. Personal Fitness Training FOURTH EDITION Micheal A. Clark, DPT, MS, PES, CES Chief Executive Of?cer National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett, MS, PES, CES, NASM-CPT Director of Product Development National Academy of Sports Medicine Mesa, AZ.

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NASM Essentials of Personal Fitness Training: Contributors: Micheal A. Clark, Scott Lucett, National Academy of Sports Medicine, Rodney J. Corn: Edition: illustrated: Publisher: Lippincott Williams & Wilkins, 2008: ISBN: 0781782910, 9780781782913: Length: 552 pages: Subjects

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NASM Essentials of Personal Fitness Training (6th ed.). Burlington, MA: Jones & Bartlett. NIA (National Institute on Aging). n.d. Our genes are key to how we age.

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