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NASM Essentials Of Personal Fitness Training, 6th Edition 2. NASM Essentials Of Personal Fitness Training, 5th Edition 3. ACSM's Resource For Personal Trainers, 4th Edition 4. ACE Personal Trainer Manual, 4th Edition 5. Trail Guide To The Body, 5th Edition

(Biel) 6. The Fundamentals For The Certified Personal Trainer, 6th Edition (NFPT) 7. Feb 16th, 2024

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