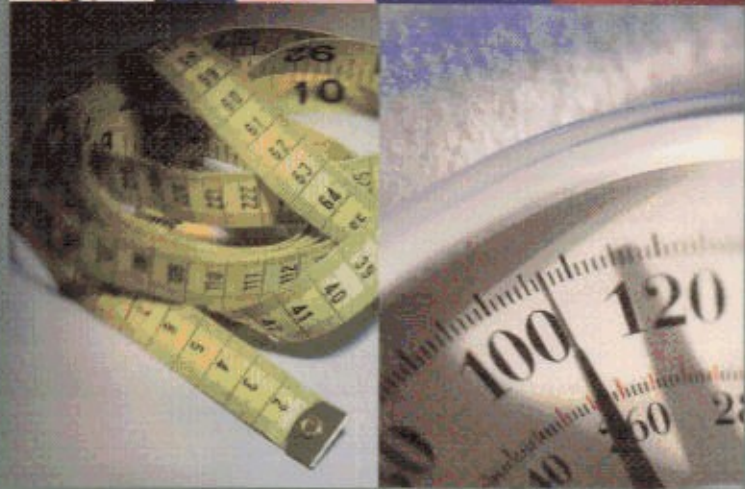


# ACSM's HEALTH-RELATED PHYSICAL FITNESS ASSESSMENT MANUAL



AMERICAN COLLEGE OF  
SPORTS MEDICINE



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LIPPINCOTT WILLIAMS & WILKINS

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