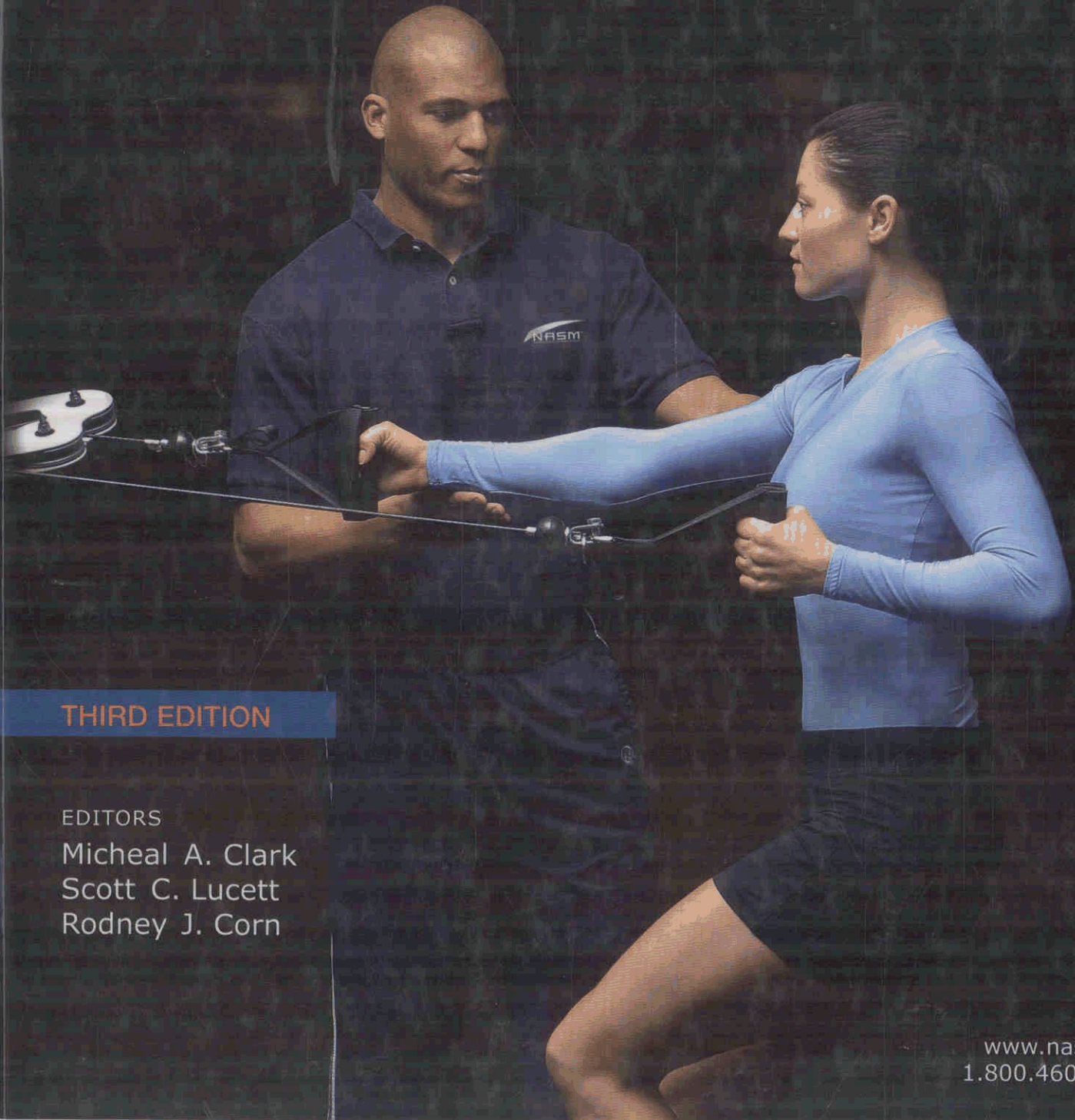




NASM Essentials of

Personal Fitness Training



THIRD EDITION

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