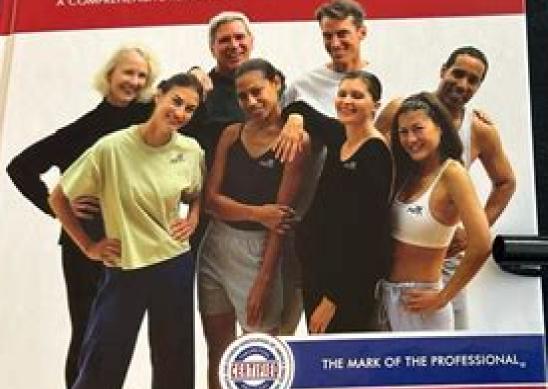


# Personal Fitness Training: **Theory & Practice**

A COMPREHENSIVE RESOURCE FOR PERSONAL TRAINERS





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## **Afaa Personal Training Certification Study Guide**

**Annelies Wilder-Smith** 

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