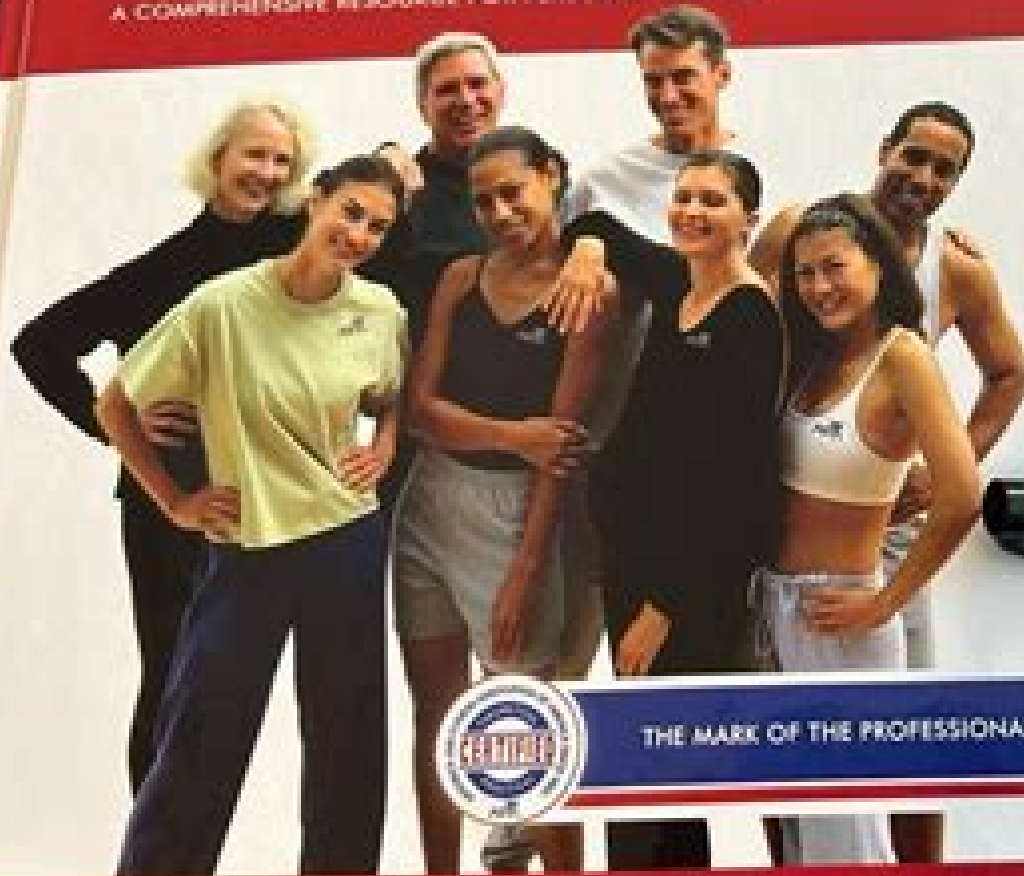


Second Edition

A COMPREHENSIVE RESOURCE FOR PERSONAL TRAINERS

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Afaa Personal Training Certification Study Guide

Michael A. Paré



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