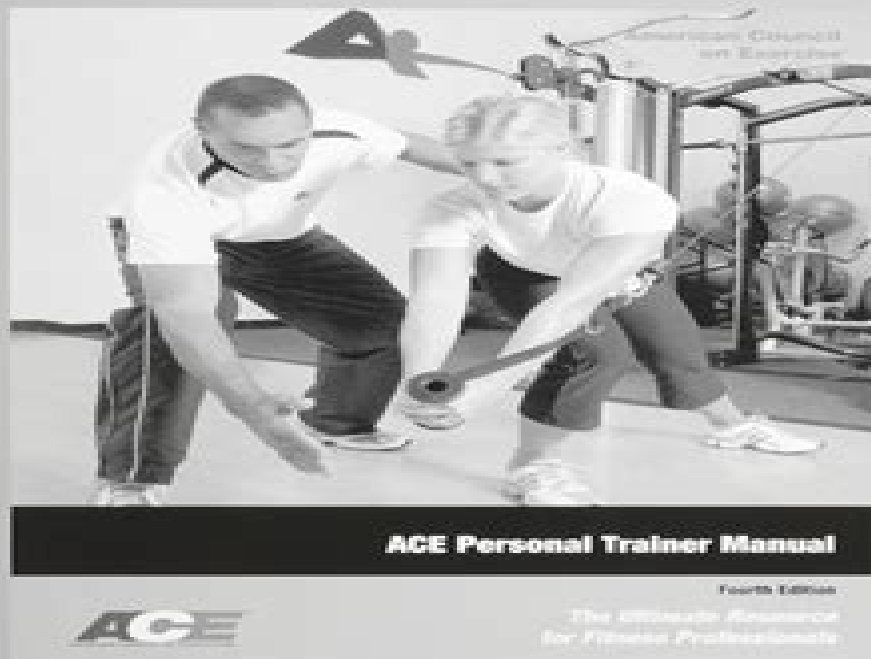


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Master the Manual

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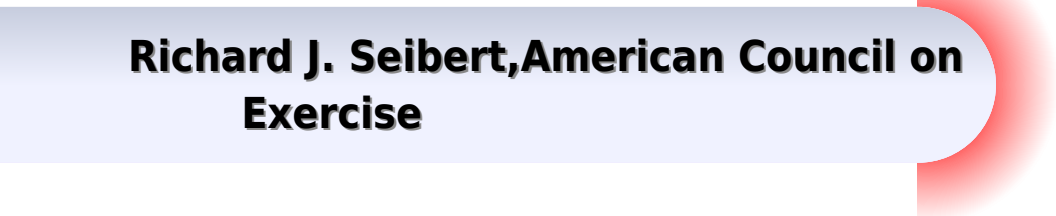
Fourth Edition



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Ace Personal Trainer Manual Fourth Edition

**Richard J. Seibert, American Council on
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Bryant, American Council on Exercise, 2011 *A Woman's Guide to Muscle and Strength* Irene Lewis-McCormick, 2012-02-14

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Aquatic Fitness Professional Manual-7th Edition Aquatic Exercise Association (AEA), 2017-10-12 This is the definitive resource for individuals preparing for the AEA Aquatic Fitness Professional Certification exam and for anyone leading water exercise classes

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