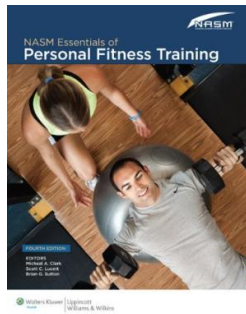


## NASM Essentials of Personal Fitness Training



### Book Review

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