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Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certification and specializations. NASM Essentials of Personal Fitness Training, Sixth Edition, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers, health and fitness professionals and enthusiasts.

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NASM essentials of personal fitness training (Book, 2021 ...

NASM Essentials of. Personal Fitness Training FOURTH EDITION Micheal A. Clark, DPT, MS, PES, CES Chief Executive Of fi cer National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett, MS, PES, CES, NASM-CPT Director of Product Development National Academy of Sports Medicine Mesa, AZ.

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NASM Essentials of Personal Fitness Training: Contributors: Micheal A. Clark, Scott Lucett, National Academy of Sports Medicine, Rodney J. Corn: Edition: illustrated: Publisher: Lippincott Williams & Wilkins, 2008: ISBN: 0781782910, 9780781782913: Length: 552 pages: Subjects

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NASM Essentials of Personal Fitness Training, 4th Ed. - Ch. 1 25 Terms. MichelleNations. NASM CPT Textbook Notes Ch 1 37 Terms. ChiefOne7 PLUS. NASM Ch.1 20 Terms. andersonbri92. NASM Chapter 1 - Scientific Rationale for Intergrated Training 27 Terms. Nikki20y.

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NASM Essentials of Personal Fitness Training (6th ed.). Burlington, MA: Jones & Bartlett. NIA (National Institute on Aging). n.d. Our genes are key to how we age.

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