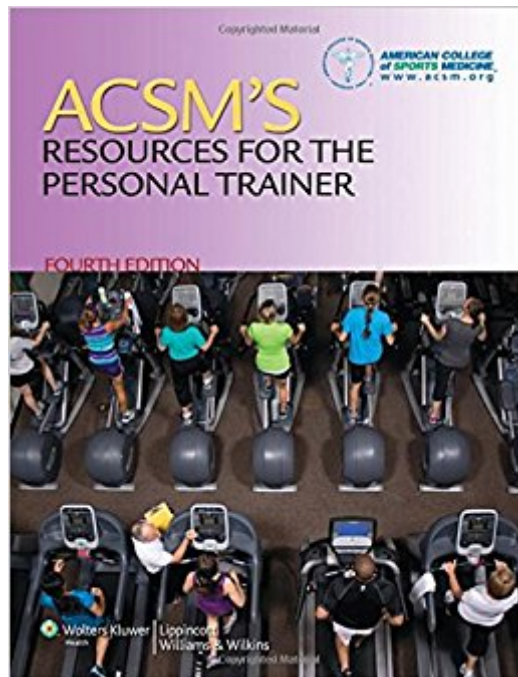




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ACSM's Resources For The Personal Trainer



Synopsis

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training programs.

Book Information

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Customer Reviews

There is another, more current version coming out but it's not available at the time I ordered. This is a standard hardback text book. Nice illustrations.

Arrived in excellent condition! It had zero damage! The book is easy to read and the pictures are good quality. The sections / chapters flow quite nicely. I'm happy.

Use this book for your studies and certifications.

good

This is the foundation study tool for anyone who is working on getting their ACSM CPT certification. I'd recommend anyone who is interested in getting this certification to get this book first.

So much valuable information here. I am not sure I will need all of it for the exam but it's helping me with other areas of my life as well. I love having textbooks.

I can't wait to dig into this book and get certified! Came as pictured and expected.

great resource

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