



Personal Trainer Certification; Practical Lab Manual (National Council on Strength and Fitness)

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The manual is specifically designed to enhance information retention from the course textbook and contains various interactive activities and lessons related to designated textbook readings and lab performances. Complete with competency exercises, key terms, unit objectives, practical experiences, detailed illustrations and over 100 sample exam questions, the workbook functions as a complete learning guide where information systematically and logically develops the fitness knowledge base of the student. This building block approach ensures that each student develops skills necessary to become a competent personal fitness trainer.

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