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manual is a book of instructions designed to improve a performed task.

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If you are undecided on which personal trainer certification to choose, I suggest you take the quiz to find out which Cert is the best fit for you.. This study guide covers the most recent volume of the textbook: NASM Essentials of Personal Fitness Training 6th Edition. This page contains links to the study guide for each chapter in the NASM textbook, a NASM practice test as

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The Complete Guide to Personal Training: 2nd Edition (Complete Guides) By bloomsbury-sport
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As a Personal Trainer you'll need to be fit and healthy and have good communication

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skills in order to help your clients with the following: Motivating and inspiring them to want to achieve the goals you set for them. Identifying how best to help your clients in the way that suits them.

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