

PERSONAL FITNESS TRAINER MANUAL

Fundamental Theory And Application For Personal Trainers



PERSONAL

TRAINER

Nfpt Personal Fitness Training Manual Study Guide

Mike Bates



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a a ray parallel to the principal axis of the lens is refracted through the principal focus b all rays of light refracted by the lens pass through the principal focus c the distance between the centre of the lens and the principal focus is the focal length d the principal focus of the lens is a point on the principal axis question 1 1

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