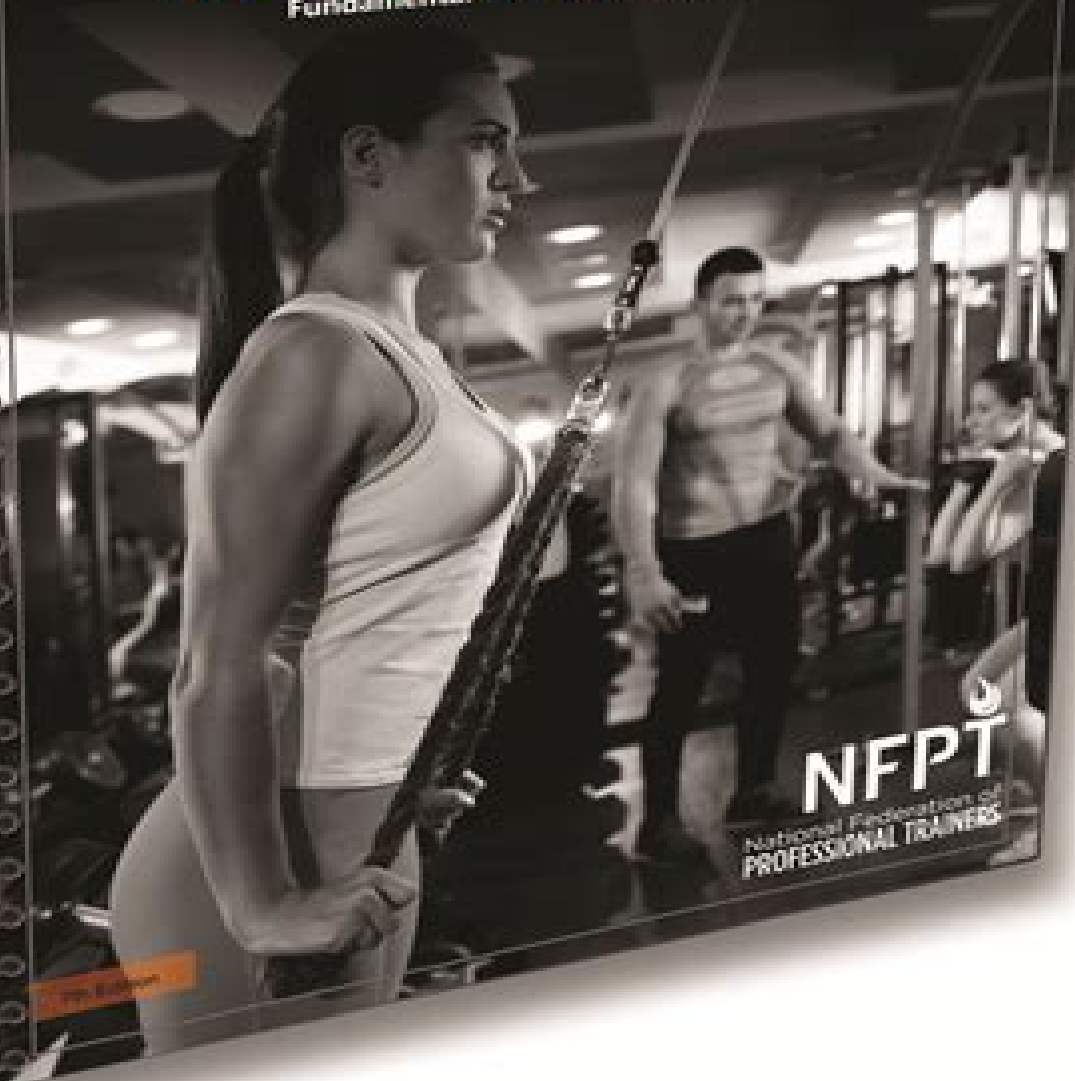


# PERSONAL FITNESS TRAINER MANUAL

Fundamental Theory And Application For Personal Trainers



**NFPT**  
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# Personal Fitness Manual

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