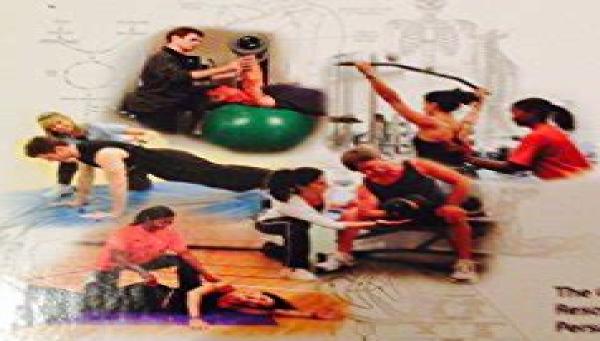
# Personal Fitness Training Theory & Practice



The Comprehensive Resource for Personal Fibreso Training





Aerobics and Fitness Association of America

# **Personal Fitness Training Theory And Practice**

**KJ Lindholm-Leary** 

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