



NPTI's Fundamentals of Fitness and Personal Training

By Tim Henriques



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This text makes the principles and theories of fitness and personal training accessible for all readers, helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals.

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- Sales Rank: #1481780 in eBooks
- Published on: 2014-08-13
- Released on: 2014-08-13
- Format: Kindle eBook

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“This is an excellent resource for individuals preparing for a career in health and fitness. It provides the constructs for a classroom-based approach to learning the principles of personal training, and may also help prepare individuals for taking the national certification test.”

Doody's Book Review (Jan 2015)

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