

Aces Essentials of Exercise Science Flashcards 4.0 Version



BOOK DETAILS

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BOOK SYNOPSIS

"Whether you are preparing to become an ACE-certified Personal Trainer, Group Fitness Instructor, or Lifestyle & Weight Management Coach, this textbook provides the foundational knowledge you will need before moving on to study the materials specific to your chosen certification. ... Each of the five chapters includes a study guide"--P. [4] of cover.

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