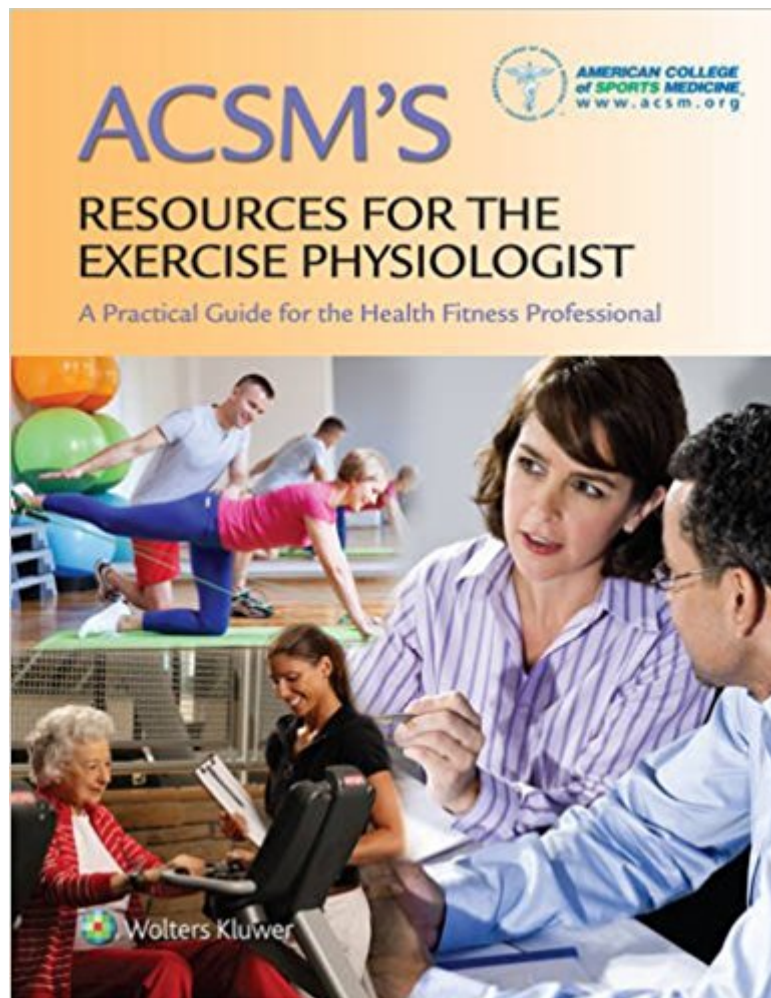




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ACSM's Resources For The Exercise Physiologist: A Practical Guide For The Health Fitness Professional



Synopsis

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Customer Reviews

This book from the ACSM is EXCELLENT for preparing for the Certified Exercise Physiologist exam from the ACSM. This book is laid out exactly like the test with the chapters of the book being laid out like the percentages of information that will be on the exam. I HIGHLY recommend this book to anyone that is preparing for this exam. If you read and memorize the information laid out in this book, you WILL pass the certification exam.

Getting ready to take my exam to become a Certified Exercise Physiologist and this book came at the perfect time, perfect condition and is everything as described.

You better have a lot of self-motivation to read this book; because the first page put me to sleep (honestly)

This book is like a detailed version of the "ACSM's Guidelines To Exercise Testing and Prescription" handbook.

The book arrived in mint condition

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