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How To Pass The NASM Personal Trainer Test - Joe Cannon, MS -

Just wanted to let you and everyone else know that I too passed the NASM CPT test ont he I have the 4th edition and NASM also provided a study guide

how to study for and pass the NASM- CPT test -

I passed the NASM certified personal trainer test back in August so this post is a (Table 7.6 of the 4th Edition).
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