

A male personal trainer with a beard, wearing a grey zip-up jacket and dark blue shorts, is smiling and assisting a female client. The client is wearing a bright pink tank top and dark blue leggings, and is in a squat position while holding onto a cable machine handle. The background is a bright, modern gym setting with various exercise equipment visible.

NASM ESSENTIALS OF PERSONAL FITNESS TRAINING

SEVENTH EDITION

Editor: Brian G. Sutton

Nasm Essentials Of Personal Fitness Training

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