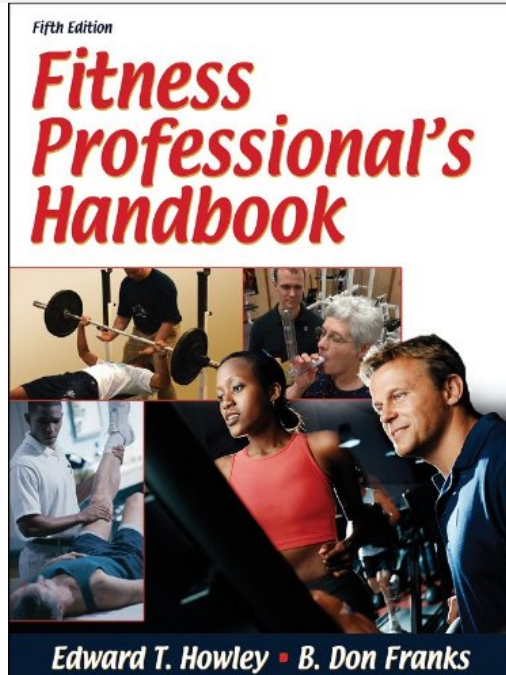

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Book Synopsis

Designed as a course text for students in fitness and sport and exercise science, as well as a reference for fitness professionals and personal trainers preparing for certification. This work includes information on: assessing muscular fitness, strength and endurance training, preventing lower back pain and interpreting nutritional guidelines.
