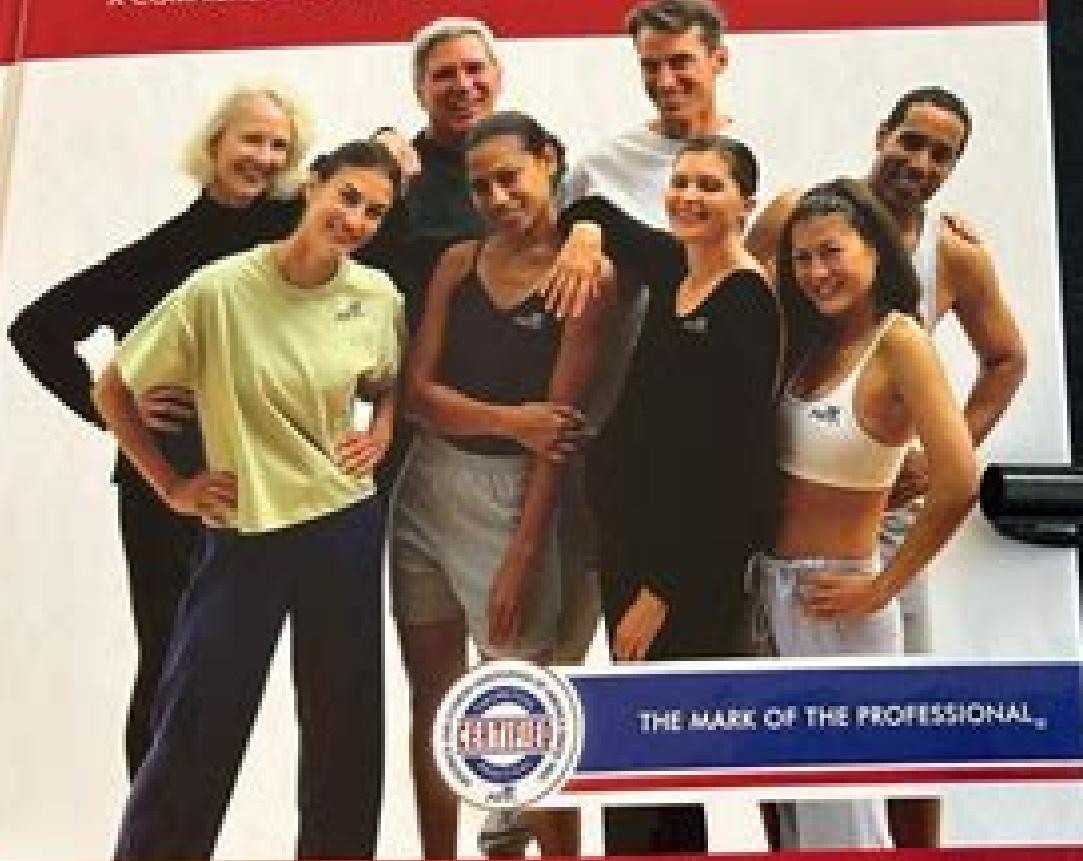


Second Edition

Personal Fitness Training: Theory & Practice

A COMPREHENSIVE RESOURCE FOR PERSONAL TRAINERS



AFAA The Aerobics and Fitness Association of America

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L Reisser

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