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# ACSM'S Guidelines for Exercise Testing and Prescription

Eleventh Edition



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# Acsm Guidelines For Exercise Testing And Prescription

## 8th Edition Reference

**Arthur James Wells**

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Charles B. Corbin,Gregory J. Welk,William R. Corbin,2006-12 Through the use of activity labs and logs Concepts of Physical Fitness provides readers with the self management skills necessary to adopt a healthy lifestyle

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