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# NASM ESSENTIALS OF PERSONAL FITNESS TRAINING (HARDBACK)



Jones and Bartlett Publishers, Inc, United States, 2016. Hardback. Book Condition: New. 5th Revised edition. 277 x 218 mm. Language: English . Brand New Book. This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM CPT certification is accredited by the National Commission for Certifying Agencies (NCCA). Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. NASM...

## Read PDF NASM Essentials of Personal Fitness Training (Hardback)

- Authored by National Academy of Sports Medicine (NASM)
- Released at 2016



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