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ISSA - Personal Trainer & Fitness Certifications | ISSA
ThisTextbook is good for getting certified as a ISSA personal trainer.It provides enough detail for understanding the concepts of all areas. The scientific information is clearly presented and includes practical examples and does not bog you down with un necessary details .The grafts and charts are well done an provide futher information when needed.The book is well organized and easy to follow..

Fitness: The Complete Guide, Official Text for ISSA's ...
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Get Your Personal Trainer Certification | ISSA
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