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### **CHAPTER 1-NASM Essentials of Personal Fitness Training ...**

NASM Essentials of. Personal Fitness Training FOURTH EDITION Micheal A. Clark, DPT, MS, PES, CES Chief Executive Officer National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett, MS, PES, CES, NASM-CPT Director of Product Development National Academy of Sports Medicine Mesa, AZ. Brian G. Sutton, ...

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### **What is Corrective Exercise and Why Is It Important | NASM**

This study guide covers the most recent volume of the textbook: NASM Essentials of Personal Fitness Training 6th Edition. This page contains links to the study guide for each chapter in the NASM textbook, a NASM practice test as well as a full NASM flashcards bundle.

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Available for the 4th, 5th and 6th Editions of the NASM Textbook Every person retains information in different ways and we want to help those that prefer to listen and learn. It can be difficult to truly understand the information when studying for your NASM CPT Test, as the NASM Essentials of Personal Fitness Training textbook has over 600 pages.

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