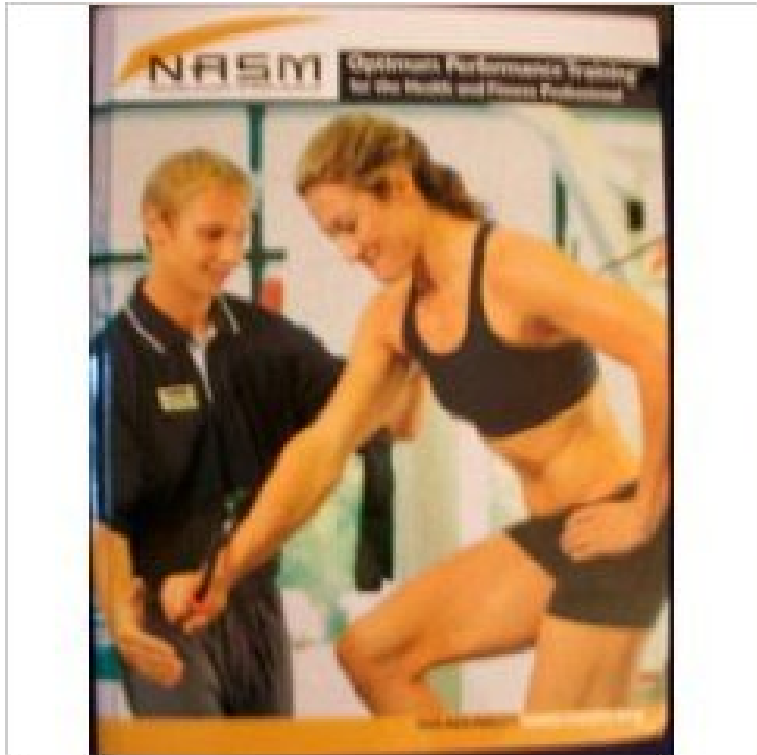


Optimum Performance Training for the Health and Fitness Professional - Course Manual ~ NASM National Academy of Sports Medicine



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