

AFAA

Personal Trainer

STUDY GUIDE

TEST PREP SECRETS FOR THE AFAA
PERSONAL TRAINER CERTIFICATION EXAM

PASS YOUR TEST THE FIRST TIME, GUARANTEED

- Practice questions for all concepts

- Tips from AFAA exam experts

- Real test secrets revealed

**The Comprehensive
Study Guide for the
AFAA Personal
Trainer Certification
Exam**



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Aerobics Theory and Practice Self Study Workbook Aerobics and Fitness Association of America Staff,1987-03

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most recent information available **AFAA Certified Personal Fitness Trainer Exam Secrets Study Guide-- Your Key to Exam Success**, 2010 AFAA certified personal fitness trainer exam secrets helps you ace the Aerobics and Fitness Association of America certified personal fitness trainer exam without weeks and months of endless studying Our comprehensive study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined Body & Soul, 2006 Wellness Werner W. K. Hoeger, Lori Waite Turner, Brent Q. Hafen, 2002 This book places a strong emphasis on the individual being responsible for their own health and wellness It covers assessing your own personal attitudes and behavior and where necessary making appropriate changes stressing the benefits of exercise to increase wellness and longevity *Body & Soul (Watertown, Mass.)*, 2005 *Willing's Press Guide*, 2002 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts Willing's Press Guide and Advertisers' Directory and Handbook, 2002

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