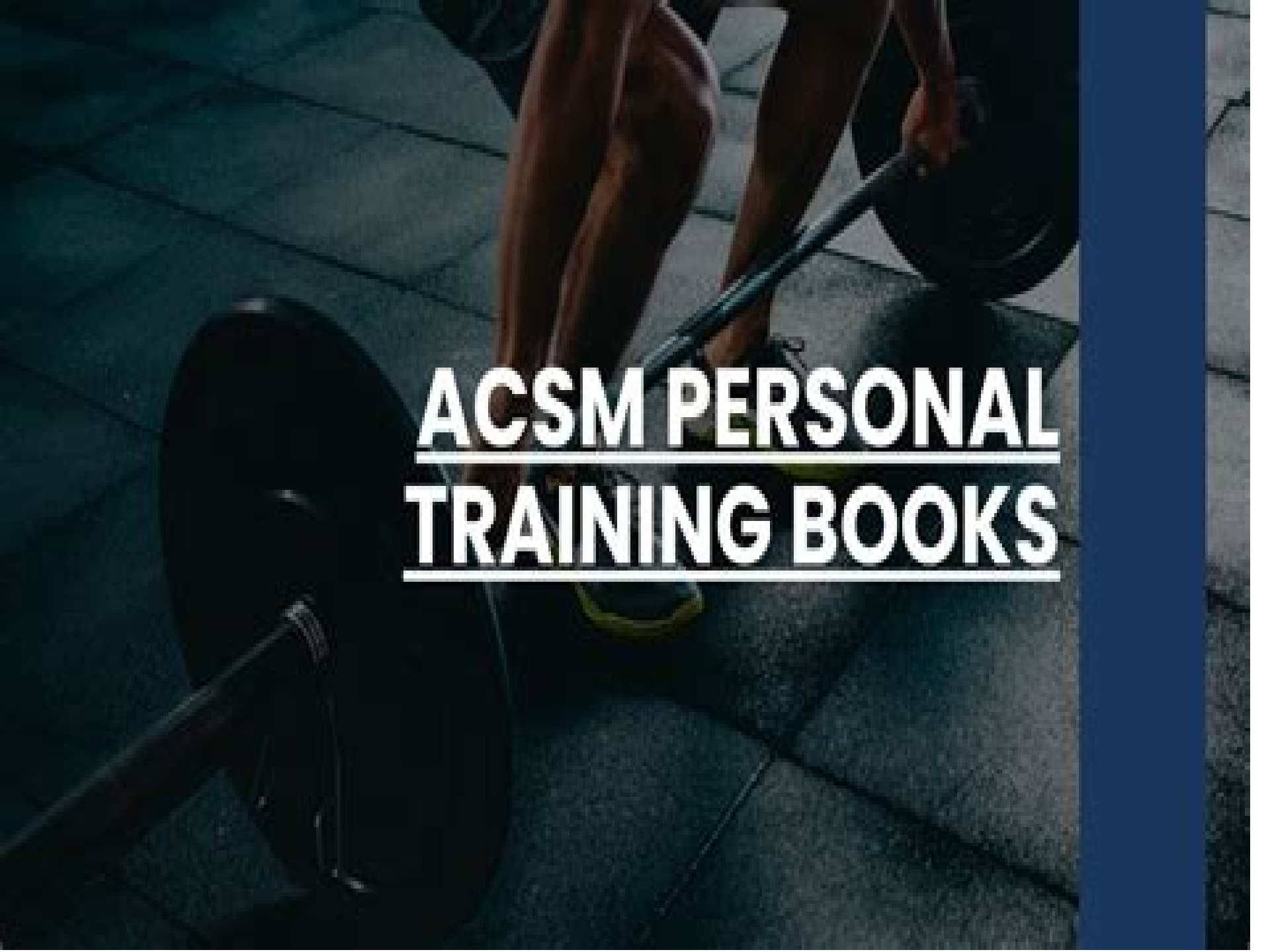


A person is performing a deadlift in a gym. They are lifting a barbell with weights from the floor. The person's legs are visible, showing muscle definition. The floor is made of large, dark tiles. The text "ACSM PERSONAL TRAINING BOOKS" is overlaid in the center of the image.

ACSM PERSONAL **TRAINING BOOKS**

Acsm Personal Training Guide

Michael Brown



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