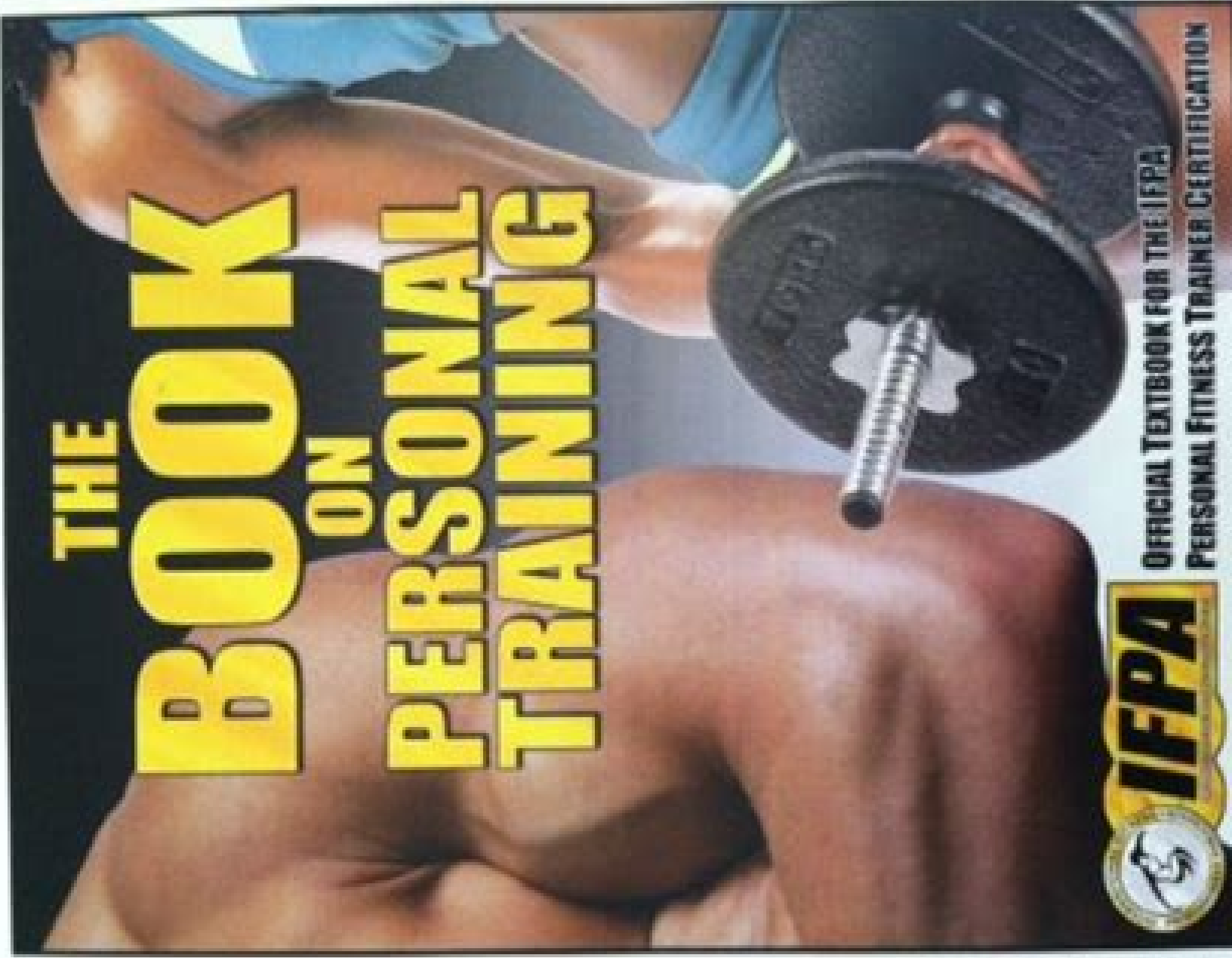




THE BOOK ON PERSONAL TRAINING



OFFICIAL TEXTBOOK FOR THE IFPA
PERSONAL FITNESS TRAINER CERTIFICATION

Ifpa Personal Trainer Manual

Julia Schneider



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