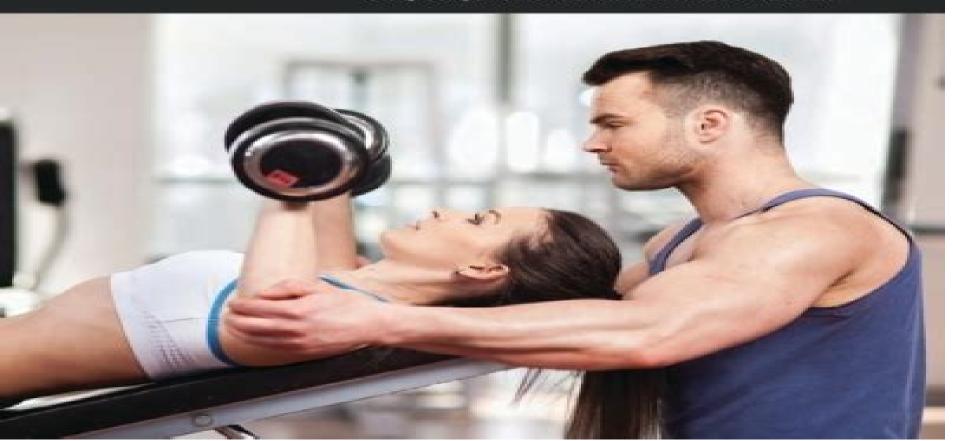


# Workbook and Study Guide

Study Companion for CERTIFIED FITNESS TRAINER



# **Issa Personal Training Manual**

**Sabine Zange** 

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