

The background of the cover is a photograph of a male personal trainer and a female client in a gym. The male trainer, on the left, is wearing a grey zip-up jacket and dark blue shorts. He is smiling and looking at the client while holding a cable machine handle. The female client, on the right, is wearing a bright pink tank top and dark blue leggings. She is in a squat position, holding the handle with both hands, and looking towards the trainer. The gym setting includes a cable machine and other equipment in the background.

NASM ESSENTIALS OF **PERSONAL FITNESS TRAINING**

SEVENTH EDITION

EDITOR: BRIAN W. BUSTON

Nasm Essentials Of Personal Fitness Training

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