



# Study Guide to Accompany NASM Essentials of Personal Fitness Training, Third Edition

*National Academy of Sports Medicine*

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Designed to accompany the new Third Edition of the National Academy of Sports Medicine's **NASM Essentials of Personal Fitness Training**, this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam. It includes matching, vocabulary, short answer, and multiple-choice exercises. Answers are also provided.

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