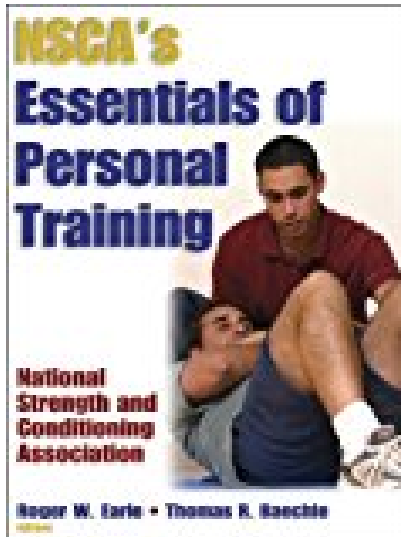


NSCAs Essentials of Personal Training



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BOOK SYNOPSIS

NSCAs Essentials of Personal Training, Second Edition, is the authoritative text for personal trainers, health and fitness instructors, and other fitness professionals as well as the primary preparation source for those taking the NSCA-CPT exam.

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