

# Acsm Personal Trainer Manual

## **ACSM's Resources for the Personal Trainer: -**

ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training, covering both basic science topics and practical application.

## **ACSM's Resources for Personal Trainer / Edition 2 -**

ACSM's Resources for the Personal Trainer / Edition 2 ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription / Edition 7; Table of Contents.

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