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Certifications are currently the NASM (National Academy of sports medicine), ISSA ...

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International Sports Sciences Association About This Study Guide | 3 ABOUT THE WORKBOOK AND STUDY GUIDE This Workbook and Study Guide serves as a resource companion to Fitness: The Complete Guide. The Workbook and Study Guide has been designed with one main purpose: to help you better understand the content of the main text.

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(“Interim COVID-19 Guidance for Gyms and Fitness Centers”) was created to provide owners/operators of gyms and fitness centers and their employees, contractors, vendors, and patrons with precautions to help protect against the spread of COVID-19. This guidance takes effect on Monday, August 24, 2020 for gyms and fitness centers in all

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