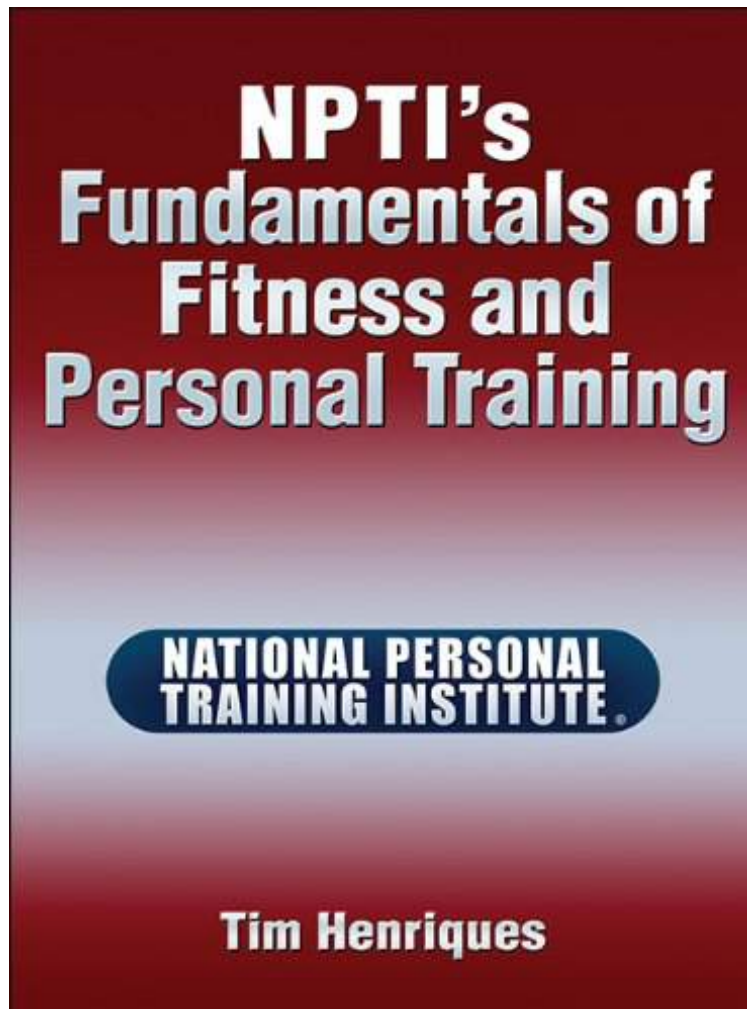


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# NPTI's Fundamentals of Fitness and Personal Training

*By Tim Henriques*

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