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Advanced Fitness Assessment And Exercise Prescription, 7th Ed. 2014. Human Kinetics. ISBN 978-1-4504-6600-4. This Book Is An Excellent Resource If You Plan To Be In Any Health-related Field In Which You Plan To Do Any Form Of Fitness Assessment Or Exercise Prescription. 2. ACSM's Guidelines For Exercise Testing And Prescription, 9th Ed. Wolters Jan 3th, 2024

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