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### **NASM-CPT APPROVED REFERENCES**

NASM Essentials Of Personal Fitness Training, 6th Edition 2. NASM Essentials Of Personal Fitness Training, 5th Edition 3. ACSM's Resource For Personal Trainers, 4th Edition 4. ACE Personal Trainer Manual, 4th Edition 5. Trail Guide To The Body, 5th Edition (Biel) 6. The Fundamentals For The Certified Personal Trainer, 6th Edition (NFPT) 7. May 24th, 2024

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**Damien Clement, Ph.D., ATC, CC-AASP, NCC, NASM-PES**

Applied Exercise Psychology: The Challenging Journey From Motivation To Adherence. Clement, D ., & Arvinen-Barrow, M. (2013). Sport Me Apr 10th, 2024

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Asm\_io.asm And Asm\_io.inc The “PC Assembly Language” Book Comes With Many Add-ons And Examples Downloadable From The Course’s Web Site A Very Useful One Is The I/O Package, Which Comes As Two Files: Asm\_io.asm (assembly Code)

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