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NETA, National Exercise Trainers Association - Fitness ... NETA ' s The Fitness Professional ' s Manual, 5th edition (2018) is an excellent resource to help prepare for the exam. In addition to studying the Manual, NETA also recommends completion of The Fitness Professional ' s Workbook for Personal Trainers, which includes a

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Some women meditate daily, sweat for an hour at the gym, and hit the sack by 10 P.M. Then there ' s me, the hungover friend trying to convince Super Woman to skip dance cardio and

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