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Fitness: The Complete Guide

Workbook and Study Guide

Official Study Guide for ISSA's Certified Fitness Trainer Course

The *CFT Workbook and Study Guide* serves as a resource companion to *Fitness: The Complete Guide*. The guide has been designed with one main purpose: to help you better understand the content of the main text. This is accomplished by focusing on important points and concepts, and allowing you to write the answers directly in the guide. This proven method of study provides an easy way to follow the flow of the course text. If you follow along with the *Workbook and Study Guide*, you will have covered all of the program's main topics.

Experience has shown that individuals who faithfully use the *Workbook and Study Guide* achieve greater understanding of the course materials than those who do not use a workbook. The ISSA recommends that you actively use the *Workbook and Study Guide* to prepare for the Certified Fitness Trainer Examination.



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