

# NASM Certified Personal Trainer Exam Prep



A concise study guide that highlights the knowledge required to pass the National Academy of Sports Medicine (NASM) CPT Exam to become a certified personal trainer.

- ✓ Includes quick reference pages for Areas of Focus, Formulas and Conversions that are required for exam.
- ✓ Includes 50 practice questions to further enhance knowledge & to have an idea of what the actual test will look like.
- ✓ Includes detailed practice question answers with explanations.

# Certified Personal Trainer Exam Study Guide

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