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ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields, as well as those in academic training. Highlights include:

- An expanded behavior change section with the tools needed to motivate people to begin exercise and then adhere to a program

ACSM's Resources for the Personal Trainer

ACSM's Guidelines for Exercise Testing and Prescription by American College of Sports Medicine Paperback \$36.53 In stock on November 20, 2019. Ships from and sold by Amazon.com.

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