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### **Ultimate NASM CPT Study Guide | Life In Leggings**

NASM STUDY GUIDE compiled by Kim @ fittinpretty.com Stuff You Should Know... This guide is based on the fourth edition of the NASM textbook. It was compiled in the fall of 2013. This guide was created for my own personal use and has not been carefully edited for publication.

### **NASM STUDY GUIDE - Fittin Pretty**

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Study and pass the NASM Certification exam coming up in March of 2017. Do my best to answer or find the answers for comments and questions as soon as possible. Share additional NASM study guide resources for passing NASM Certification. Be the Best NASM study guide resource possible.

**NASM Study Guide for CPT Certification 6th Edition**

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