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NASM Study Guide 2017-2018: Personal Fitness Training Prep Book and Practice Questions for the National Academy of Sports Medicine Board of Certification Exam. by NASM Personal Fitness Training Exam Prep Team and Ascencia Personal Training Exam Prep Team | May 23, 2017. 4.0 out of 5 stars 31.

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**NASM 6th Edition chapter 7 - Flexibility Training Concepts**

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.

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