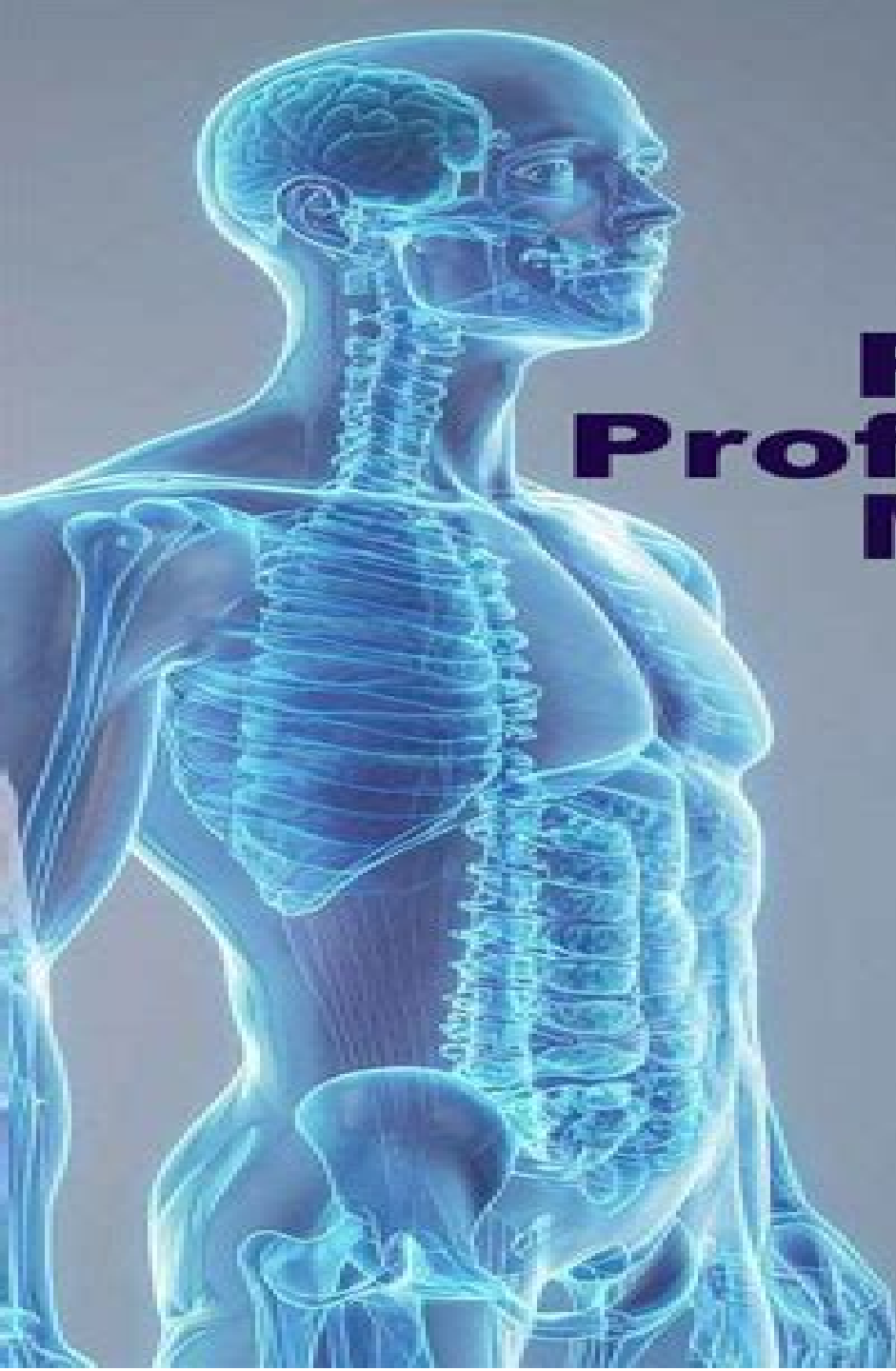




Fitness Professional's Manual

Sixth Edition

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Neta Fitness Instructor Manual

Ying Liu



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