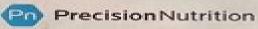
The Essentials of Sport and Exercise Nutrition

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Simon P. R. Jenkins

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Ace Personal Trainer Manual + Ace's Essentials of Exercise Science W/ DVD Pkg Ace,2011-10-01 NPTI's Fundamentals of Fitness and Personal Training Henriques, Tim,2014-08-13 This text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals Sports Science Handbook: I-Z Simon P. R. Jenkins,2005 A valuable reference source for professionals and academics in this field this is an encyclopedia dictionary of the many scientific and technical terms now encountered in kinesiology and exercise science

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