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This section of your final exam provides you with an opportunity to apply all of the information you have learned throughout the course to the work that you will be doing as a certified professional. You will be presented with two client profiles, and will be asked to design a 12-week periodized program for each client.

ISSA Certified Fitness Trainer, Final Exam: Case Study 1 ...

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A Complete Study Guide for Personal Training Certification ...

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