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NASM Essentials of. Personal Fitness Training FOURTH EDITION Micheal A. Clark, DPT, MS, PES, CES Chief Executive Officer National Academy of Sports Medicine Mesa, AZ. Scott C. Lucett, MS, PES, CES, NASM-CPT Director of Product Development National Academy of Sports Medicine Mesa, AZ. Brian G. Sutton, ...

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The NASM App is \$20 for 800 questions and explanations for the questions you get wrong. You can also use Quizlet. The NASM site offers different options and the options are different prices. Self study is the lowest price around \$750 if you find a sale. This includes the test fee. The current book is another \$50.

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I took the NASM CPT exam back in 2012 and passed easily. Book and material were 4th edition and now they are on the 6th edition. Over that time I had a job in the field and let my CPT cert lapse while I had a couple other certs that were a bit more effective for me, and now I am moving and switching jobs and its required that I have the CPT.

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Available for the 4th, 5th and 6th Editions of the NASM Textbook Every person retains information in different ways and we want to help those that prefer to listen and learn. It can be difficult to truly understand the information when studying for your NASM CPT Test, as the NASM Essentials of Personal Fitness Training textbook has over 600 pages.

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### NASM 6th Edition chapter 2: The basics of exercise science

Here, I will be going over all of the NASM study materials that myself, as well as my students, have found to be the most effective way of studying the NASM CPT test. The most current NASM textbook (currently the sixth edition) The Holy Grail of beginning to study for the NASM exam is the essentials of personal training sixth edition textbook.

### Pass the NASM CPT Exam - Test Questions + Answers (2020)

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