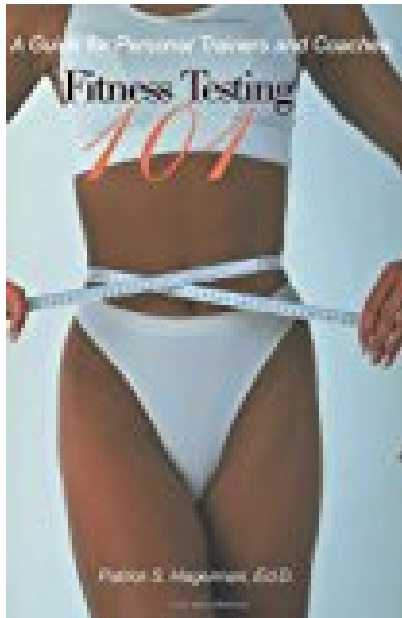


# Fitness Testing 101 A Guide for Personal Trainers and Coaches

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