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AFAA Certified Personal Fitness Trainer Exam Flashcard Study System uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. AFAA Certified Personal Fitness Trainer Exam Flashcard Study System covers: Wellness, Standard Fitness Assessment, Physical Activity Readiness Questionnaire, Body Mass Index BMI, Cardiorespiratory Fitness, METS Method, Closed Kinetic Chain Exercises, Open Kinetic Chain Exercises, Isometric Resistance Training, Different Types of Training and Equipment, Proper Position of the Body, Overtraining, Detraining, and Retraining, Performance or Training Levels, Bench Press, Incline or Decline Press, CVD Cardiovascular Disease, Diabetes, Cancer, ATP Adenosine Triphosphate, Anaerobic Systems for Making ATP, Main Muscles and Joint Actions, Types of Muscle, American College of Sports Medicine, Scapular Depression Dips, High-pulley Scapular Depression, Front and Lateral Raises, Overhead Press, Back extension, Quadruped Activity, Gluteus Maximus and Hamstrings, Myotatic Reflex, Dorsiflexion and Eversion, Developing Flexibility, Proprioceptive Neuromuscular Facilitation (PNF), Stretching Exercises, Acute and Chronic Injury, Stages of Inflammation and Repair, RICE Method, Tennis Elbow (Lateral Epicondylitis), Carpal Tunnel Syndrome (CTS), Back Pain, Iliotibial Band Tendinitis (ITB), Metatarsalgia, Common Injuries, Patellofemoral Pain Syndrome, Plantar Fasciitis, Achilles Tendinitis, Exercising during Pregnancy, Arthritis and Osteoporosis, and much more...

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Vivian Nava:

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