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ACSM's Guidelines for Exercise Testing and Prescription is the flagship title from the American College of Sports Medicine, the prestigious organization that sets the standards for the exercise profession.

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ACSM's Guidelines for Exercise Testing and Prescription

Preface The reader of this edition of ACSM's Guidelines for Exercise Testing and Prescription will notice four innovations: there is less description; there are fewer references; there are more tables, boxes, and figures; and it is published simultaneously with ACSM's Resource Manual for Guidelines

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ACSM's resource manual for Guidelines for exercise testing

Designed as a companion to ACSM's "Guidelines for exercise testing and prescription," seventh edition, and as a recommended study tool for ACSM certifications, this book covers all the major aspects of preventive rehabilitative and fitness programs and the main points from all position stands of the American College of Sports Medicine.

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