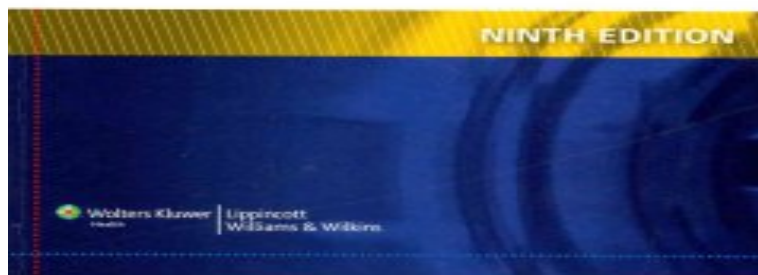


# ACSM's Resources for the Group Exercise Instructor Powered by prepU



## ACSM's Guidelines for Exercise Testing and Prescription



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