

Afaa Personal Training Study Guide Answers

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I would NOT use AFAA for a personal training certification

January 13th, 2019 - I took the AFAA personal trainer course in 2011 online I did NOT study for two months before the test I studied for SIX months I read the entire book backwards and forwards to the point that the binding broke a bit viewed all the lectures more than once did mini tests on my anatomy knowledge from my friend who was getting a PhD in anatomy

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flying without fear brown duane
pop culture healy christopher