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various elements of fitness'

'ACSM s Health Related Physical Fitness Assessment

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'Exercise Science Academics Western Michigan University

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'A World Leader amp Innovator in Fitness Education HFPA

May 11th, 2018 - Our mission is to maintain a leading position as a Higher Education Institution in the health and fitness industry'' Interval training Wikipedia

May 9th, 2018 - References Heyward Vivian H 2006 1984 Designing Cardiorespiratory Exercise Programs Advanced Fitness Assessment And Exercise Prescription 5th ed Champaign Illinois Human Kinetics pp 106?107'

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