

NASM CPT STUDY GUIDE 2024-2025

A photograph showing a person's legs and feet in a gym setting, performing a deadlift. The person is wearing dark shorts with orange stripes and black sneakers with yellow accents. They are lifting a barbell with a large weight plate. The floor is made of dark grey tiles.

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The logo for Hanley Test Preparation, featuring a stylized 'H' with a red arrow pointing upwards and to the right.

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JS Bruner



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