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Tyler is the owner of Personal Training Pioneer which helps people get started in the personal training industry and become successful. 12 thoughts on "FREE Personal Trainer Study Guides and Personal Trainer Practice Tests"

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adapt (optimum training), but will have negative responses if the training is too much (overtraining) or too little (detraining). Optimal work time and intensity coupled with appropriate rest and recovery periods will help your clients acheive positive adaptations to the stress of exercise on an ongoing basis. 4 Exercise Physiology Overview

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