



Flashcard Study System for the NCSF-CPT Exam: NCSF Test Practice Questions & Review for the National Council on Strength and Fitness Personal Trainer Exam

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Flashcard Study System for the NCSF-CPT Exam: NCSF Test Practice Questions & Review for the National Council on Strength and Fitness Personal Trainer Exam NCSF Exam Secrets Test Prep Team Flashcard Study System for the NCSF-CPT Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the National Council on Strength and Fitness Personal Trainer Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the NCSF-CPT Exam covers: Exercise Terminology, BMI, Males vs. Females, Respiratory Review, MET Review, Circulatory System, Course of Circulation, The Heart, Cardiovascular Conditions, Rating of Perceived Exertion Scale, Major Hormones, Nutrition Review, LDH vs. HDL, Anorexia vs. Bulimia, Axial Skeleton, Appendicular Skeleton, Muscular System, Contraction, Types of Muscle Fibers, Circuit Training, Detraining, Fluid Intake Recommendations, Periodization, Stretching Exercises, Heart Rate, Strength and Safety Guidelines, Order of Exercises, Injury Review, Exercises, Breathing Review, Determining 1 Rep Max, and much more...

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