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~~Certification Candidate Handbook~~

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~~The primary manual is the "resources for the group exercise instructor." This textbook can be purchased from the ACSM website for \$72.99. The smaller second book is called "the guidelines for exercise testing and prescription." This textbook can also be purchased from the ACSM website for \$41.99.~~

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Ann Lugo is certified through the American Council on Exercise. Learn more about Ann Lugo

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