

The Physical Fitness Specialist Manual

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Normative Data for VO2max . Table Reference: The Physical Fitness Specialist Certification Manual, The Cooper Institute for Aerobics Research, Dallas TX, revised 1997

Aerobics and fitness association of america -

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Physical fitness specialist - cooper institute

Background. Prior to 2006, The Cooper Institute (CI) offered the Physical Fitness Specialist course for those persons interested in personal training.

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