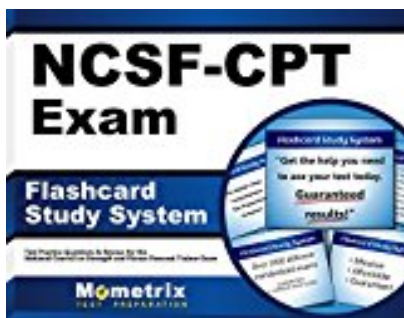


Flashcard Study System for the NCSF-CPT Exam NCSF Test Practice Questions & Review for the National Council on Strength and Fitness Personal Trainer Exam



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BOOK SYNOPSIS

*****Includes Practice Test Questions***** Secrets of the NCSF-CPT Exam helps you ace the National Council on Strength and Fitness Personal Trainer Exam, without weeks and months of endless studying. Our comprehensive Secrets of the NCSF-CPT Exam study guide is written by our exam experts, who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than youve ever imagined. Secrets of the NCSF-CPT Exam includes: The 5 Secret Keys to NCSF-CPT Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Dont Procrastinate, Test Yourself; A comprehensive General Strategy review including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Dont Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families; A comprehensive review including: NCSF-CPT Content, NCSF-CPT Testing Cost, 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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