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NASM provides a study suggestion guide that I followed as I went through the material. The video explanations from NASM, as well as the short practice quizzes at the end of each section were helpful, but I wished they were presented in a manner that was a bit more...non-NASM speak. The practice quizzes could have also been meatier than they were.

How I Passed the NASM CPT Exam - Mama Exercises

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The study blueprint, study guide and audio guides are your allies in this case, along with the flashcards as a bonus. Many of my students do agree that it would be awesome to have more tests, and also to have the test run on the Trainer Academy platform, rather than an external link as is the case with the flashcards.

Trainer Academy Review - Personal Trainer Cert Study Materials

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