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trainees understand expectations playing a game can be

an effective training method temperature comfort of

chairs space avoiding distractions furniture

arrangement lighting and restrooms are all important

factors of a learning environment

how to pass the issa cpt exam personal trainer pioneer

Mar 01 2023 updated 16 apr 2024 have a question ask me

here 18 q s table of contents hey everybody coach tyler

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2019 in this article i will review what you need to ace

the issa cpt exam the first time without any hitches or

hiccups

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an effective trainer you do not need to have a

consistent training process 3 t f the following four

characteristics describe a good trainer patient

flexible gives positive feedback and is prepared 4 t f

to avoid confusion only use one training technique 5 t

f when training one on one it s important that the

trainee early in the

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consumed by the muscles it is the difference between

the oxygen content of the blood in the arteries and in

the veins while only about 25 oxygen is utilized when a

person is resting it can go up to about 80 during

exercise blood pressure measure of the force of blood

that is exerted against the walls of

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