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He Has A Master's Of Science Degree In Exercise Science And Health Promo- Tion From California University Of Pennsylvania And Is An ACE-certified Personal Trainer . Sabrena Merrill, M.S., Is A Former Full-time Faculty Member In The Kinesiology And Physical Jan 14th, 2024  
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Personal Trainer Manual American Council On Exercise Lucas Rockwood Is An Internationally-renowned Yoga Trainer, TEDx Speaker, Podcaster, Writer, And Entrepreneur. His Early Yoga And Meditation Teachers Include Sri K. Pattabhi Jois, Paul Jan 7th, 2024.

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