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[The Batman Handbook: The Ultimate Training Manual: Beatty ...](#)

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preferences may include the time of day to workout, how much time is available each day to workout, individual or team sports, and finally the goal of the fitness program. The questionnaire attached (FORM 1-1) is intended to give a fitness trainer the basics they need to personalize a fitness program that will work.

THE COMPLETE FITNESS - Clemson University

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