

Nesta Certification Study Guide

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Recertification Guide NESTA ECB 30245 Tomas Rancho Santa Margarita, CA 92688 Ph: 1-877-348-6692 Fx: 949-589-8216 Last Update 05/13

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what are the sub groups of the NESTA pyramid? Level 1: Foundation training: stage 1: foundation training: (last 4-6 weeks) teach 1-2 exercises, reps: 15 - 20, sets 1 - 2

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Basically I made a study guide out of the quizzes at the end I am Taking the NESTA exam this Friday coming anyone know what is going to be NESTA MPT study tips.

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