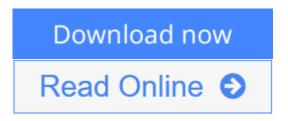


Personal Fitness Training: Beyond the Basics

By Cannon Joe



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As a self-employed personal trainer and someone who certifies personal trainers, Joe Cannon has his finger on the pulse of what it takes to be a successful fitness professional.

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