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Resources, Test
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I'm so excited
to say that I'm
officially an
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days of studying

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Exam and Study Guide

stressing over this exam are finally over. I'm writing this post because I want to share the story of how I passed, in case there's something you can take away from it.

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How I Passed the
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...

January 16, 2019

January 15, 2019

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of the test
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body and
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muscles and
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called.

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have not
changed. In
summary, you can
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a group fitness
class are most
likely to lead
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participants to
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regularly, enjoy it more, and have a high levels of self-efficacy towards activity. A class where participants learn new routines together and pursue group goals.

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