

A high-angle, low-key photograph of a person's legs and feet as they perform a deadlift. The person is wearing dark shorts and athletic shoes with yellow accents. They are lifting a barbell with weights from the floor. The gym floor is made of dark, square tiles. The lighting is dramatic, with strong shadows and highlights. A dark blue vertical bar is on the right side of the image.

# ACSM EP STUDY GUIDE

# Acsm Study Guide

**Daniel Hile**



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