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### Shipping/Handling Rates

Invoice Price	U.S.		AK, HI, P.R., and GU	International
	U.S.	2nd-day Air		
0 – \$60.00	\$10.00	\$25.00	\$17.00	\$45.00
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\$100.01 – \$165.00	\$12.00	\$27.00	\$21.00	\$75.00
\$165.01 – \$230.00	\$13.00	\$30.00	\$23.00	\$90.00
\$230.01 – \$401.00	\$14.00	\$32.00	\$25.00	\$110.00
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Qty.	Circle One	Item Description	Nonmember Price	Member Price
		<i>Essentials of Strength Training and Conditioning, Third Edition</i> textbook	\$89.00	\$85.00
		<i>NSCA's Essentials of Personal Training, Second Edition</i> textbook	\$89.00	\$85.00
	CSCS / NSCA-CPT	Exam Content Description Booklet	\$29.95	\$17.95
	CSCS / NSCA-CPT	Essentials Symposium Multimedia CDs	\$199.95	\$134.95
	CSCS / NSCA-CPT	Essentials Symposium Workbook and Audio CDs	\$199.95	\$134.95
	CSCS / NSCA-CPT	Essentials Symposium Self-Assessments	\$47.95	\$31.95
	CSCS / NSCA-CPT	Practice Exam, Volume 1	\$47.95	\$31.95
	CSCS / NSCA-CPT	Practice Exam, Volume 2	\$47.95	\$31.95
	CSCS / NSCA-CPT	Practice Exam, Volume 3	\$47.95	\$31.95
	CSCS / NSCA-CPT	Practice Exam, Volumes 2 and 3 set	\$79.95	\$52.95
	CSCS / NSCA-CPT	Practice Exam, Volumes 1, 2 and 3 set	\$97.95	\$64.95
		<i>Exercise Technique Manual for Resistance Training</i> and DVDs	\$80.95	\$65.00
<b>STUDY PACKAGES (see reverse side for package contents)</b>				
	CSCS / NSCA-CPT	Premier Preparation Package	\$349.95	\$189.95
	CSCS / NSCA-CPT	PremierPlus+ Preparation Package	\$421.95	\$261.95
		CSCS Elite Exam Package — with Paper/Pencil Exam Registration*	\$706.95	\$434.95
		CSCS ElitePlus+ Exam Package — with Paper/Pencil Exam Registration*	\$790.95	\$511.95
		NSCA-CPT Elite Exam Package — with Paper/Pencil Exam Registration*	\$681.95	\$409.95
		NSCA-CPT ElitePlus+ Exam Package — with Paper/Pencil Exam Registration*	\$765.95	\$486.95
		CSCS Elite Exam Package — with Computer-Based Exam Registration*	\$756.95	\$484.95
		CSCS ElitePlus+ Exam Package — with Computer-Based Exam Registration*	\$840.95	\$561.95
		NSCA-CPT Elite Exam Package — with Computer-Based Exam Registration*	\$731.95	\$459.95
		NSCA-CPT ElitePlus+ Exam Package — with Computer-Based Exam Registration*	\$815.95	\$536.95
<b>SUBTOTAL</b>				
<b>SHIPPING/HANDLING</b>				
<b>GRAND TOTAL</b>				

\*Exam registration information is sent via email.

## PAYMENT INFORMATION

CHECK (US Funds)  VISA  MASTERCARD  AMEX  DISCOVER **Cardholder Signature** \_\_\_\_\_

**Name On Card (please print clearly)** \_\_\_\_\_ **Billing ZIP Code** \_\_\_\_\_

**Account #** \_\_\_\_\_ **CVC Security Code** \_\_\_\_\_ **Exp Date** \_\_\_\_\_

# CSCS EXAM PREPARATION MATERIALS

Visit [www.nscf-lift.org](http://www.nscf-lift.org) online store for complete descriptions.



	CSCS Premier Preparation Package	CSCS PremierPlus+ Preparation Package	CSCS Elite Exam Package	CSCS ElitePlus+ Exam Package
CSCS Exam Registration			X	X
<i>Essentials of Strength Training and Conditioning</i> , textbook		X		X
<i>Essentials of Strength Training and Conditioning Multimedia Symposium CDs*</i>	X	X	X	X
CSCS Exam Content Description booklet	X	X	X	X
<i>Exercise Technique Manual for Resistance Training and DVDs</i>	X	X	X	X
CSCS Practice Exam, Volume 1 (booklet and video <sup>†</sup> )	X	X	X	X
CSCS Practice Exam, Volume 2 (booklet and video <sup>†</sup> )			X	X
CSCS Practice Exam, Volume 3 (booklet and video <sup>†</sup> )			X	X

\*The *Essentials of Strength Training and Conditioning* workbook and audio CDs and Self-Assessments can be substituted for the *Essentials of Strength Training and Conditioning Multimedia Symposium CDs*.

<sup>†</sup>Same video used for all Practice Exams (with different questions); Online Practice Exams can be substituted for booklets

Note: The details and fees in this brochure are subject to change without notice.

# NSCA-CPT EXAM PREPARATION MATERIALS

Visit [www.nscf-lift.org](http://www.nscf-lift.org) online store for complete descriptions.



	NSCA-CPT Premier Preparation Package	NSCA-CPT PremierPlus+ Preparation Package	NSCA-CPT Elite Exam Package	NSCA-CPT ElitePlus+ Exam Package
NSCA-CPT Exam Registration			X	X
<i>NSCA's Essentials of Personal Training</i> textbook		X		X
<i>Essentials of Personal Training Multimedia Symposium CDs*</i>	X	X	X	X
NSCA-CPT Exam Content Description booklet	X	X	X	X
<i>Exercise Technique Manual for Resistance Training and DVDs</i>	X	X	X	X
NSCA-CPT Practice Exam, Volume 1 (booklet and video <sup>†</sup> )	X	X	X	X
NSCA-CPT Practice Exam, Volume 2 (booklet and video <sup>†</sup> )			X	X
NSCA-CPT Practice Exam, Volume 3 (booklet and video <sup>†</sup> )			X	X

\*The *Essentials of Personal Training* workbook and audio CDs and Self-Assessments can be substituted for the *Essentials of Personal Training Multimedia Symposium CDs*.

<sup>†</sup>Same video used for all Practice Exams (with different questions); Online Practice Exams can be substituted for booklets

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