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ACE Personal Trainer Manual by American Council on Exercise

The Ace Personal Trainer Manual 4th ed., The Ultimate Resource for Fitness Professionals, is the meat of the matter for this exam. Appendix B is the complete exam outline for the certification test. This should ideally be at the beginning of the book, but its in the back.

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Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified Personal Trainer within the healthcare community and provides guidelines for staying within the defined scope of practice. After completing this session, you will have a better understanding of:

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Great manual with a lot of useful information needed to become a CPT. I took my exam and passed! The ACE manual along with this

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ACE Personal Trainer Manual

This session, which is based on Chapter 7 of the ACE Personal Trainer Manual (4th ed.), explains the importance of various functional assessments and outlines how to properly perform each. After completing this session, you will have a better understanding of: –How to set up a plumb line to conduct a basic postural assessment.

ace personal trainer manual chapter 7 Flashcards - Quizlet

If you need help selecting appropriate study materials for your fitness education, registering for an ACE exam or answering any questions about your certification, we're here to help. Expert consultants are available via e-mail at support@acefitness.org , on Live Chat or by phone at the number below Monday-Friday, 5 a.m. to 6 p.m. (PST).

Ace Personal Trainer Manual - With DVD 4th edition ...

Being a Certified Personal trainer requires an ongoing commitment to constant education and the dedication and desire to give your clients the highest quality experience possible every time they work with you! Scott Fishkind is an ACE certified personal trainer in Franklin, TN. Scott has also been a private teacher since 1981.

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ACE Personal Trainer Manual, 4 edition

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Ace Personal Trainer Manual 4th

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ACE Personal Trainer Manual: Exam Content Outline Appendix ...

This all new fourth edition of ACE's best-selling textbook offers expanded coverage of a personal trainer's primary job responsibility- assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health.

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