

## Ace Personal Trainer Manual 4th Edition Set

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~~ACE Personal Trainer Manual, 4th edition~~

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 study guide > ACE Certified Personal Trainer Exam Prep really helped me when preparing for the ACE exam. The study guide narrows down the information from the big textbook that is required for the exam & the practice questions are similar to the actual test.

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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).

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The point at which a candidate for the ACE Personal Trainer Certification (or any other ACE certification) agrees to uphold the ACE Code of Ethics While registering for an ACE certification exam ACE-certified Personal Trainers must complete a minimum of 20 hours of continuing education every two years to maintain their certifications.

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ACE Personal Trainer Manual, the American Council on Exercise continues to lead the way by providing the most comprehensive resource on personal training you will ever find. This is video ACE ...

~~ACE Personal Trainer Manual : The Ultimate Resource for ...~~

This session, which is based on Chapter 5 of the ACE Personal Trainer Manual, 4th ed., introduces the ACE Integrated Fitness Training (ACE ...

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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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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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I passed after only 16 days to study and no manual! by alicia (madison, wi, usa) Wow. What a whirlwind 2 weeks! I signed up for the ACE exam on the Saturday before Easter and just took it today. I did not have enough money to spare to purchase the ace personal trainer manual, so I crammed with what I found on-line.

~~Ace Personal Trainer Manual 4th~~

The ACE Personal Trainer Manual, Fourth Edition, is not only an excellent study tool for the ACE certification exam, but also a valuable reference filled with practical tools and resources that you will utilize throughout your career.

~~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.

~~ACE Personal Trainer Manual, 4 edition~~

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The ACE Personal Trainer Manual (5th Edition) is at the forefront of innovation in our industry. Rooted in the latest science, it marries the most recent peer-reviewed research with input from thousands of top personal trainers and health experts, and the evolution of the ACE IFT Model proven to help professionals deliver custom, individualized programs that work.

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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~~

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.

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