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The ACE Personal Trainer Manual (5th Edition) set combines our new comprehensive, personal training resource with our Essentials of Exercise Science for Fitness Professionals text. The new manual delivers relevant tools that aspiring professionals and industry veterans can apply to the clients

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Prep Book for the American Council on Exercise Personal Training Certification Exam Developed by Test Prep Books for test takers trying to achieve a passing score on the ACE exam, this comprehensive study guide includes:

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*Page 11/25*

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MANUAL|ROLE AND  
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## **PART I INTRODUCTION - ACE | Certified Personal Trainer**

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

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narrows down the information from the big textbook that is required for the exam & the practice questions are similar to the actual test.

## **American Council on Exercise Personal Trainer Manual, 5th**

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If you would like to get certified to lead one-on-one or small-group training sessions, the ACE Personal Trainer

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Certification would be the best fit. However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness Instructor Certification is the optimal choice.

## **ACE | Certified Personal Trainer | ACE Personal Trainer**

The ACE Personal Trainer Manual (5 th Edition) is a cover-to-cover overhaul of the 4 th edition manual.

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While the Table of Contents has not changed, each individual chapter was critically reviewed and updated by the chapter authors, content reviewers and manual editors, all of whom are experts in their respective fields of exercise physiology, behavior change, nutrition, applied kinesiology ...

**What's new in the**  
*Page 16/25*



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personal trainer manual, fifth edition and is updated for 2020. On top of covering each chapter of the textbook in my study guide, I also have individual ACE quizzes as well as ACE flashcards for each chapter!

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comprehensive book offering readers a full review of the subject matter covered on the Certified Personal Trainer exam, test tips and strategies, real-world examples, and worked through practice problems. Our book covers:

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