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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 of today, including behavior change expertise and coaching philosophy.

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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

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And like previous editions of this manual, this Fourth Edition of the ACE Personal Trainer Manual was written based on feedback from individuals who are active in the fitness world—practicing personal trainers, university professors, and industry experts—who worked together to create the Exam Content Outline (see Appendix B).

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ACE Personal Trainer Manual:
Chapter 2 guide

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The Ace Personal Trainer Manual 4th ed., The Ultimate Resource for Fitness Professionals, is the meat of the matter for this exam.

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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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