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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.

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ACE Personal Trainer Manual (5th Edition) Set

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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CHAPTER 1 ROLE AND SCOPE OF PRACTICE FOR THE PERSONAL TRAINER | ACE PERSONAL TRAINER MANUAL 4 These findings reinforce what fitness professionals have known for years: The human body was meant to move and, when it does so with regularity, it responds to the stress of physical movement with improved fitness and health.

PART I INTRODUCTION - ACE | Certified Personal Trainer

ACE Personal Trainer Manual, 4th edition, features a discussion of the physiological adaptations to acute and chronic cardiorespiratory exercise. It also includes coverage of the cardiorespiratory-training phases of the ACE IFT Model. After completing this session, you will have a better understanding of:

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ACE Personal Trainer Manual, 4 th ed., introduces the ACE Integrated Fitness Training (ACE IFT TM) Model. After completing this session, you will have a better understanding of: • The health•fitness•performance continuum • How rapport and behavioral strategies fit within the ACE IFT Model

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