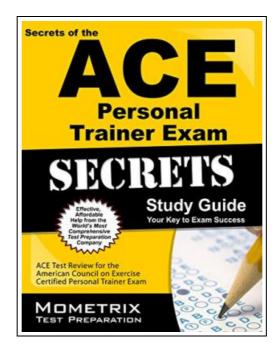
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Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 11.0in. x 8.2in. x 0.5in.Includes Practice Test Questions Get the test prep help you need to be successful on the ACE test. The American Council on Exercise Exam is extremely challenging and thorough test preparation is essential for success. ACE Personal Trainer Exam Study Guide is the ideal prep solution for anyone who wants to pass the ACE Exam. Not only does it provide a comprehensive guide to the ACE Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. ACE Personal Trainer Exam Secrets Study Guide includes: A thorough and detailed overview for the American Council on Exercise Exam An analysis on ATP A guide to the circulatory system An in-depth look at joints An extensive review of the muscular system A breakdown of the lever review An examination of fitness tips An analysis of program planning A breakdown of the CPR review Comprehensive practice questions with detailed answer explanations Its filled with the critical information youll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the American Council on Exercise (ACE) expects you to have mastered before sitting for the exam. The ATP section covers: ATP Production- Aerobic and anaerobic systems The Circulatory System section covers: Functions Cardiovascular conditions The Joints section covers: Types of joints Bonesjoints and muscles-descriptions Performed The Muscular System section covers: Contractions General principles Exercises The Lever Review section covers: Class levers Sarcomere review key movement terms The Fitness Tips section covers: Fitness misconceptions Exercise in the USA Client consultation The Program Planning section covers: Order of exercise Health considerations Injuries, risks, guidelines for reducing injury The CPR ReviewCheat Sheet section covers: Conscious choking Unconscious choking Rescue breaths...

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