



Flashcard Study System for the ACE Personal Trainer Exam: ACE Test Practice Questions & Review for the American Council on Exercise Certified Personal Trainer Exam (Cards)

By ACE Exam Secrets Test Prep Team

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Summary: Flashcard Study System for the ACE Personal Trainer Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American Council on Exercise Certified Personal Trainer Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the ACE Personal Trainer Exam covers: Exercise, Pathology, Anatomy/Physiology, Miscellaneous, General Exercise Principles, Adhesive Capsulitis, Type I vs. Type II Fibers, Physical Activity Readiness Questionnaire, Class-1 Lever, Diabetes Mellitus, Sarcomere, Responsibilities of the Trainer, Deadlift Technique, HIV and AIDS, Action Potential, Fluid Replacement, Full Squat Technique, Osteoporosis, Smooth Muscle, Tanner Scale, Core lifts, Osteoarthritis, Muscle fiber, Karvonen Formula, Breathing patterns, Jumper's knee, Cardiac Control Center, Borg Rating of Perceived Exertion Scale, Principle of Specificity, Atherosclerosis, Receptor Types, Ethical Decision Making, Cross Training, Ischemic Heart

Reviews

Merely no words to describe. I have got study and i am confident that i am going to planning to go through yet again once again in the foreseeable future. You will like just how the writer compose this publication.

-- **Devante Schmitt**

Complete guideline! Its this sort of excellent read. I could comprehended every little thing out of this written e publication. Its been designed in an remarkably easy way and it is only right after i finished reading this publication by which really transformed me, affect the way i think.

-- **Prof. Shanie Schinner Sr.**