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How to Study and Pass The ACE Personal Trainer Test. By Scott Fishkind 73 ... What helped me the most in this particular area of study was working with the Fitness professional's Guide To Musculoskeletal Anatomy and Human Movement, both the book and also doing the Quizzes on the CD ROM to help reinforce the material. Here is a somewhat detailed ...

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The American Council on Exercise (ACE) is a nonprofit health coach and exercise professional certification group that looks to ensure the highest industry standards are met by those working in the health and exercise industry.

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**Studying for the ACE Exams | ESA Certification Corporation**

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**Secrets of the ACE Group Fitness Instructor Exam Study Guide**

Contributing Authors: Theresa McCabe is a certified ACE personal trainer who has trained personal trainers as both a lecturer and program director for over twenty years. She has helped others prepare for the ACE exam through the Athletics and Fitness Association of America and has taught continuing education courses.

**ACE Personal Trainer Practice Exam - Tests.com**

My Top Study Tips for How to Pass the ACE Personal Trainer Exam: What you need to know in a nutshell: Assess and Recommend. It really is all about (A) the fitness assessment and (B) what to recommend. Other than that, there's a section on exercise programming (definitely a biggie) and another on professional practice, etiquette, and liability.

**How to Study for (and Pass) the ACE ... - MegInspire Fitness**

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