



ACE Personal Trainer, Master the Manual: A Study Guide to Accompany the Ace Personal Trainer Manual

Richard J. Seibert

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From How to Use - Each chapter of the study guide is divided into sections. Getting Started; Expand Your Knowledge; Show What You Know (exercises); Practice What You Know. Purpose is to prepare for the ACE Personal Trainer Certification Examination focusing not only on learning the concepts but also on applying them to practical training situations. (Description by http-mart)

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