



**ACE Certified Personal Trainer Exam Prep: A
concise study guide that highlights the key
concepts required to pass the American Council on
Exercise (ACE) Exam to become a certified
personal trainer**

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A concise study guide that highlights the key concepts required to pass the American Council on Exercise (ACE) CPT Exam to become a certified personal trainer. The content in this study guide is presented in an easy to read format that helps to comprehend & retain the information. This study guide is organized in the following four performance domains:

Domain I: Client Interviews & Assessments

Domain II: Program Design & Implementation

Domain III: Program Progression & Modifications

Domain IV: Professional Conduct, Safety, & Risk Management

- * Includes the "Key Concepts" that contain information needed for the exam.
- * Includes quick reference pages for required Formulas, Conversions & Acronyms.
- * Includes 50 practice questions to further enhance knowledge & to have an idea of what actual test will look like.
- * Includes detailed practice question answers with explanations on how the answers were obtained.
- * Includes detailed descriptions of assessments, the heart, muscles, nutrition, term definitions, training modalities and more.

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