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Ace Personal Trainer Manual 4th

The ACE personal trainer organization is one of the most well-known agencies in the industry. This certifying agency was created just a couple of years before NASM, in 1985. ACE personal training certification is considered by every employer as a top personal trainer certification amongst the rest.

ACE IFT Model for Cardiorespiratory Training: Phases 1-4

The ACE Personal Trainer Manual, 4th Edition, describes a variety of assessments that can be used to determine a client's existing level of muscular fitness. Programming Guidelines for Phase 3 Load Training Exercise program design in the Load phase of the ACE IFT Model adheres to the principles of resistance training: Specificity, Overload, Progression and Reversibility (Table 1), as well as ...

How to Identify Personal Training Goals with Clients

a lot of employers respect their personal trainers to have multiple personal training certifications such as those that are a master trainer. Also, on top of the recognition, you will simply have a lot more knowledge and be a lot more helpful to your clients when they are trying to reach their goals. You will be a much better trainer for this overall. Good luck with your personal training career.

NASM-CPT APPROVED REFERENCES

Cathleen is an AFAA-Certified Group Exercise Instructor, NSCA-Certified Personal Trainer, ACE-Certified Health Coach, former competitive bodybuilder and freelance writer. She is employed at the Jewish Community Center in St. Louis, MO. Cathleen has been involved in the fitness industry for over three decades. Feel free to contact her at

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I'm currently studying to become a NASM certified personal trainer, and the illustrations in this book are better than the ones in my NASM textbook. Not to mention the explanations, which are well written and easy to understand. This is so much more than a coloring book. I'm really not sure how I would learn every single muscle in the human body (something I do need to do for my certification ...

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