



# **ACE Personal Trainer Manual & Study Guide: Study Companion & Practice Exam Questions for the American Council on Exercise Personal Trainer Test**

*ACE Personal Trainer Manual Study Companion Team*

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**ACE Personal Trainer Manual & Study Guide: Study Companion & Practice exam Questions for the American Council on Exercise Personal Trainer Test**

Developed for test takers trying to achieve a passing score on the ACE Personal Trainer exam, this comprehensive study guide includes:

- Quick Overview
- Test-Taking Strategies
- ACE Personal Trainer Introduction
- Client Interviews and Assessments
- Program Design and Implementation
- Program Progression and Modifications
- Professional Conduct, Safety, and Risk Management
- Practice Questions
- Detailed Answer Explanations

Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACE Personal Trainer exam.

The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them.

Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors.

Anyone planning to take the ACE Personal Trainer exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

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**Walter Johnson:**

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**Terri Wiggins:**

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