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PART I INTRODUCTION - ACE | Certified Personal Trainer

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American Council on Exercise Personal Trainer Manual, 5th ...

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ACE | Certified Personal Trainer | ACE Personal Trainer

The ACE Personal Trainer Manual (5 th Edition) is a cover-to-cover overhaul of the 4 th edition manual. While the Table of Contents has not changed, each individual chapter was critically reviewed and updated by the chapter authors, content reviewers and manual editors, all of whom are experts in their respective fields of exercise physiology, behavior change, nutrition, applied kinesiology ...

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