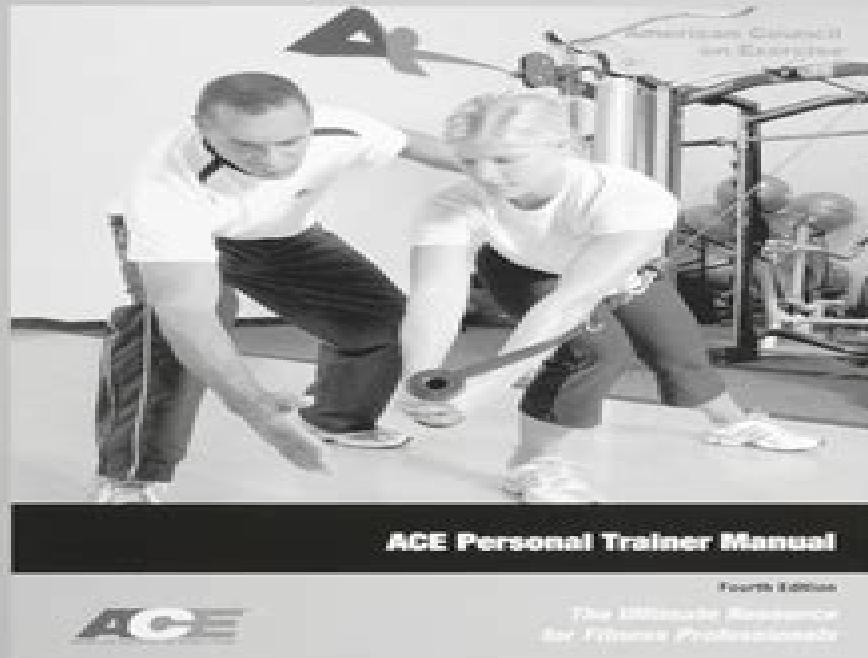


ACE Personal Trainer

Master the Manual

A Study Guide to Accompany the
ACE Personal Trainer Manual

Fourth Edition



ACE

Personal Trainer Manual

David Baud

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The Personal Trainer s Manual is the textbook for fitness trainers consultants and enthusiasts The chapters in this book are introduction to fitness anatomy and kinesiology fitness testing weight training etc the understanding of which is required for any trainer be it on the gym floor or the playing field **Personal Trainer Manual** Richard Thomas Cotton,1996 This book reflects the latest research findings and scientific breakthroughs in the field of health and fitness It includes anatomy kinesiology exercise physiology and nutrition the application and theory of cardiovascular flexibility and muscular training techniques and the fundamentals of health screening motivational techniques and program development Special attention has been given to injury prevention emergency techniques and the legal issues confronting today s professionals **ACE**

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