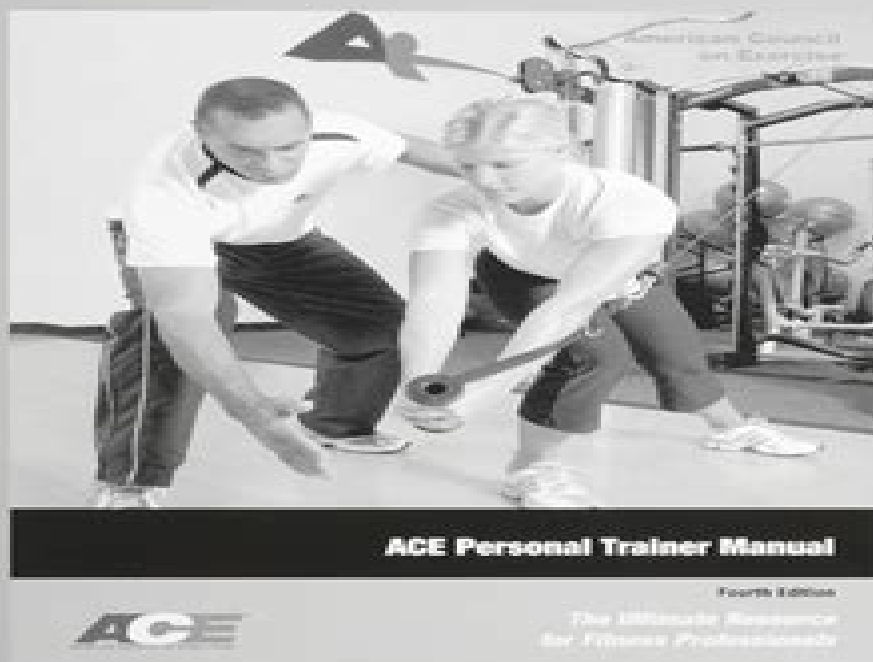


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Master the Manual

A Study Guide to Accompany the
ACE Personal Trainer Manual

Fourth Edition



ACE
AMERICAN COUNCIL ON EXERCISE

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 an 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 into 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 Personal Trainer Manual** Cedric X. Bryant, Sabrena Newton-Merrill, Daniel John Green, 2014. This book delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today, including behavior change, expertise, coaching philosophy, and new technical standards for fitness. *ACE Personal Trainer Master the Manual* Daniel J. Green, Cedric X. Bryant, American Council on Exercise, 2011. *ACE Personal Trainer Manual* American Council on Exercise, 2010. This all-new fourth edition of ACE's best-selling textbook offers expanded coverage of a personal trainer's primary job responsibility: assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health. Back Cover

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