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ACE Personal Trainer Manual 7 audio book 7 Chapter 7 PT2 pg 156-163 Becoming a Successful Personal Trainer[How I Did It At 18 HOW TO PASS THE ACE CERTIFIED PERSONAL TRAINER EXAM | STUDY TIPS HOW TO PASS THE ACE PERSONAL TRAINER EXAM | 15 TIPS Au0026 TRICKS | Vlogmas Static Posture Assessment 4 Books every Personal Trainer should read 10 Secrets to pass the ACE exam - ACE practice tests + Study guides HOW TO PASS YOUR ACE PERSONAL TRAINING EXAM! TRAINING TIPS TUESDAY | HOW WAS MY ACE—PERSONAL TRAINER EXAM? #TOUGH Or EASY?? ACE CPT, STUDY-GUIDE Series (Chapter One) Tips To Pass Your ACE Personal Training Exam | Ep. 4 GYSTWG ACE Exam Overview ACE Group Fitness Instructor Certification How to pass your ACE group fitness instructor exam - Are you afraid to teach?

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This manual is an essential tool for the Group Fitness Instructor Certification Exam preparation and a complete on-the-job resource. Includes a companion DVD on group fitness modalities. 2nd ed. 2008. 453 pgs.

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5 Steps For Becoming a Group Fitness Instructor | ACE

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ACE PERSONAL TRAINER AND GROUP FITNESS INSTRUCTOR CERTIFICATION EXAMS + You must be at least 18 years of age. + You must hold a current adult cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) certificate including live skills check. * + You must have completed high school (or the equivalent).

Certification Candidate Handbook

However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness Instructor Certification is the optimal choice. The ACE Health Coach Certification is designed for individuals who seek to obtain the behavior change, physical activity and nutrition coaching skills needed to promote long-term, healthy change.

ACE | Certified Personal Trainer | ACE Personal Trainer

The primary manual is the "resources for the group exercise instructor." This textbook can be purchased from the ACSM website for \$72.99. The smaller second book is called "the guidelines for exercise testing and prescription." This textbook can also be purchased from the ACSM website for \$41.99.

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Group Fitness Instructor Manual by Am Council | Hardcover—

Ann Lugo is certified through the American Council on Exercise. Learn more about Ann Lugo

Ann Lugo | ACE Certified Personal Trainer Profile

ACE (American Council on Exercise) As a long-time leader in the fitness credentialing industry, all of ACE's core certifications are accredited by the NCCA – including Group Fitness Instructor. It is considered by many to be the "gold standard" in group fitness certifications.

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