

Read Free Ace
Personal Training
Manual 5th Edition

Ace

Personal

Training

Manual 5th

Edition

The ACE Advanced
Health & Fitness
Specialist
Manual w/DVD is
designed for

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experienced
personal
trainers who
want to expand
their clientele
beyond the
restrictions of
the “apparently
healthy”
category. The
new manual and
certification
focus on those
diseases and

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injuries most frequently encountered among clients in health and fitness facilities, from diabetes and low-back pain to lipid disorders and post-orthopedic rehabilitation. This manual is

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divided into five parts, the first of which provides an Introduction to this ACE certification program. Part Two covers the Major Cardiovascular and Pulmonary Diseases and Disorders.

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Metabolic Diseases and Disorders are the focus of Part Three. With eight chapters, Part Four, which covers Musculoskeletal Disorders, is the largest section of the manual. Part Five, the final

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section of the manual, offers Considerations for Specialized Population Groups, including older adults, youth and pre- and postnatal women. Case studies are included in each chapter in Parts Two through

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Five, giving the exam candidate an example of how to apply what's been learned in a very practical way. Includes bonus 100-minute DVD.

A concise study guide that highlights the key concepts

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required to pass the American Council on Exercise (ACE) CPT Exam to become a certified personal trainer. The content in this study guide is presented in an easy to read format that

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helps to
comprehend &
retain the
information.

This study guide
is organized in
the following
four performance
domains: Domain
I: Client

Interviews &
Assessments

Domain II:
Program Design &

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Implementation

Domain III:

Program

Progression &

Modifications

Domain IV:

Professional

Conduct, Safety,

& Risk

Management *

Includes "Key

Concepts" with

required

information

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needed for the
exam. * Includes
quick reference
pages for
helpful
Resources,
Formulas,
Conversions, and
Acronyms. *
Includes 50
practice
questions to
further enhance
knowledge & to

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have an idea of what the actual exam will look like. * Includes detailed practice question answers with explanations on how the answers were obtained. * Includes detailed descriptions of

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assessments, the heart, muscles, nutrition, term definitions, training modalities and more.

"... a curriculum geared toward helping students gain skills in consciously regulating their

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actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students

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recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in

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a zone or move
from one to
another.

Students explore
calming
techniques,
cognitive
strategies, and
sensory supports
so they will
have a toolbox
of methods to
use to move
between zones.

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To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of

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emotions,
perspective
about how others
see and react to
their behavior,
insight into
events that
trigger their
less regulated
states, and when
and how to use
tools and
problem solving
skills. The

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curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more

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learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to

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display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine

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CPT Test

Ignite the Fire

Smarter Workouts

ACE Advanced

Health & Fitness

Specialist

Manual

ACE's Essentials

of Exercise

Science for

Fitness

Professionals

The Ultimate

Resource for

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Fitness

Professionals

*"Whether you
are preparing
to become an
ACE-certified
Personal
Trainer, Group
Fitness
Instructor, or
Lifestyle &
Weight*

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*Management
Coach, this
textbook
provides the
foundational
knowledge you
will need
before moving
on to study
the materials
specific to
your chosen*

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certification.

... Each of

the five

chapters

includes a

study

guide" --P. [4]

of cover.

Intensely

practical and

down to earth,

this timely

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new text

*covers the
breadth of
health*

*emergency
preparedness,
resilience and
response
topics in the
context of int
er-
disciplinary*

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*and whole
society
responses to a
range of
threats. It
includes
public,
private and
third sector
roles in
preparation
for and in*

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*response to
natural and
man-made
events, such
as: major
incident
planning;
infectious
disease
epidemics and
pandemics;
natural*

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*disasters;
terrorist
threats; and
business and
service
continuity
management.
The book
builds upon
the basics of
risk
assessment and*

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*writing an
emergency
plan, and then
covers inter-
agency
working,
command and
control,
communication,
personal
impact and
business*

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*continuity as
well as
training,
exercises and
post-incident
follow up.
Detailing the
full emergency
preparedness
and civil
protection
planning*

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*cycle, the
book is
illustrated
throughout
with real-life
examples and
case studies
from global
experts in the
field for
countries with
both advanced*

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*and developing
healthcare
systems. This
practical
handbook
covering the
essential
aspects of
major incident
and disaster
management is
ideal for*

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*undergraduate
and master's
students in
emergency
management and
public health,
as well as for
practitioners
in emergency
preparedness
and civil
protection. It*

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*will be
valuable to
all health
practitioners
from
ambulance,
hospital,
primary and
community
care, mental
health and
public health*

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*backgrounds.
NASM Study
Guide: NASM
Personal
Training Book
& Exam Prep
for the
National
Academy of
Sports
Medicine CPT
Test Developed*

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*for test
takers trying
to achieve a
passing score
on the NASM-
CPT Exam, this
comprehensive
study guide
includes:*

*-Quick
Overview -Test-
Taking*

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Strategies

-Introduction

-Basic and

Applied

Sciences and

Nutritional

Concepts

-Assessment

-Program

Design

-Exercise

Technique and

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Training

Instruction

-Client

Relations and

Behavioral

Coaching

-Professional

Development

and

Responsibility

-Practice

Questions

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-Detailed

Answer

Explanations

Each section

of the test

has a

comprehensive

review that

goes into

detail to

cover all of

the content

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*likely to
appear on the
NASM-CPT Exam.
The practice
test questions
are each
followed by
detailed
answer
explanations.
If you miss a
question, it's*

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*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*

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*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*

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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

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*necessary to
properly
utilize the
time provided
and get
through the
test without
making any
avoidable
errors. Anyone
planning to
take the NASM-*

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CPT Exam

should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

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*Essentials of
Strength
Training and
Conditioning
ACE Personal
Trainer Manual
with Practice
Test Questions
for the
American
Council on
Exercise*

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*Personal
Trainer Test
NASM Study
Guide
NASM
Essentials of
Personal
Fitness
Training
With a Guide
to
Abbreviation*

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of

*Bibliographic
References ;
for the
Guidance of
Authors,
Editors,
Compositors,
and
Proofreaders
ACE® Medical
Exercise*

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*Specialist
Manual*

"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

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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.

This is a review manual for candidates wanting an ACSM credential.

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It combines content from 'ACSM's Health and Fitness

Certification Review' and 'ACSM's Clinical Certification Review' into one resource.

Designed to be used alongside the

manual, most often for candidates

preparing for their ACE Personal

Trainer Certification

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Exam. The text highlights key concepts in each chapter and offers multiple-choice practice questions that are helpful during the study process -- Provided by the publisher.

Schedule B,
Statistical
Classification of
Domestic and

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Foreign

Commodities

Exported from the

United States

The Zones of

Regulation

ACSM Certified

Personal Trainer

Exam Prep

ACE Personal

Trainer Manual

Study companion

The Ultimate

Resource 2

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Ascencia Test
Prep's study
guide, ACE
Personal
Trainer Study
Guide: ACE
Personal
Trainer Manual
with Practice
Test Questions
for the
American
Council on

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Exercise

Personal

Trainer Test is a comprehensive book offering readers a full review of the subject matter covered on the ACE Personal Trainer exam, test tips and strategies,

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real-world
examples, and
worked through
practice
problems.

Ascencia's ACE
Personal
Trainer book
covers:

EXERCISE

SCIENCE

NUTRITION

ASSESSMENT

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EXERCISE
TECHNIQUE
PROGRAM DESIGN
CLIENT
RELATIONS AND
COACHING SAFETY
AND RISK
MANAGEMENT
PROFESSIONAL
DEVELOPMENT AND
RESPONSIBILITY
Ascencia's ACE
Personal

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Trainer study
guide also
includes a full
ACE Personal
Trainer
practice test,
ensuring that
readers will be
prepared come
test day. About
Ascencia Test
Prep With
healthcare

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fields such as
nursing,
pharmacy,
emergency care,
and physical
therapy
becoming the
fastest and
largest growing
industries in
the United
States,
individuals

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looking to enter the healthcare industry or rise in their field need high quality, reliable resources.

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materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive

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overview of the
content
knowledge that
will be tested,
along with
practice
questions for
each section to
enhance
understanding.
Full practice
tests at the
end of every

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book accurately
reflect the
exam, helping
test takers
determine if
they are
thoroughly
prepared.

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offer exclusive
tips from

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healthcare
professionals
to help readers
thrive in their
field beyond
test day.

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recognizes that
healthcare
professionals
nurture bodies
and spirits,
and save lives.

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Prep's mission
is to help
healthcare
workers grow.
This book
delivers
relevant tools
that aspiring
professionals
and industry
veterans can
apply to the

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clients of
today,
including
behavior change
expertise,
coaching
philosophy, and
new technical
standards for
fitness.
A credible
voter register
gives

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legitimacy to the electoral process and helps prevent electoral fraud. However, voter registration remains a complex and contested task. It is one of the most

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important activities that an electoral management body needs to conduct, but it is also one of the most costly in terms of both time and resources. Many countries that face challenges

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in creating an accurate voter register are considering reforming their voter registration systems through the introduction of biometric technologies.

The drive

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towards
biometrics has
been
facilitated by
its largely
apolitical
nature.
Investing in
high-tech
solutions
allows
stakeholders to
demonstrate

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their
commitment to
resolving
electoral
problems. At
the same time,
expectations on
biometric
solutions may
be exaggerated.
This guide
provides an
overview of key

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concepts and
considerations
for all
stakeholders
involved in
discussions
about the
application of
biometrics in
elections, both
for voter
registration
before an

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election and
for voter
verification at
polling
stations on
election day.
The Ultimate
Resource for
Fitness
Professionals
(Fourth
Edition)
A Curriculum

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Designed to
Foster Self-
regulation and
Emotional
Control

ACE Personal
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Guide with
Practice Test
Questions for
the American
Council on
Exercise

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Personal
Trainer Exam
ACE Personal
Trainer Manual
2020 and 2021
Health
Emergency
Preparedness
and Response
Introducing
Biometric
Technology in
Elections

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NEW ACSM
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Book: ACSM
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Certification Book
with over 400
Practice Test

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Questions for the
American College
of Sports Medicine
CPT Test is
different from other
practice test books
for the ACSM
Personal Trainer
Test. Our
healthcare test
prep isn't like other
study materials

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because ACSM
Personal Trainer
Practice Tests
Book offers you
the up-to-date, real
examples,
graphics, and
information you
need for a quick
but full review of
everything on the
exam! Our

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convenient

materials will give
you the edge you
need to pass your
exam the first time.

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Technique

Program Design

Client Relations

and Coaching

Safety and Risk

Management

Professional

Development and

Responsibility

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healthcare fields

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such as nursing,
pharmacy,
emergency care,
and physical
therapy becoming
the fastest and
largest growing
industries in the
United States,
individuals looking
to enter the
healthcare industry

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or rise in their field
need high quality,
reliable resources.

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preparation
materials are
developed by
credentialed,
industry
professionals with

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years of

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content knowledge
that will be tested,
along with practice
questions for each
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understanding.

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exclusive tips from
healthcare
professionals to
help readers thrive
in their field
beyond test day.

Ascencia
recognizes that
healthcare
professionals
nurture bodies and
spirits, and save

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lives. Ascencia

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mission is to help
healthcare workers
grow

Clients often find
the camaraderie of
group training to
be engaging and
fun, motivating
them to commit to
regular activity. But

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participants also appreciate a more personalized experience, with focused attention from the instructor. That ' s where small-group training comes in. A Professional ' s Guide to Small-Group Personal

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Training is a much-needed resource designed to help you successfully lead training sessions for small groups—incorporating group dynamics and your knowledge of training principles to develop

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business offerings that will create a new stream of revenue. Learn how to apply group dynamics and social interaction to create a comfortable environment for clients who enjoy personal training in

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a group setting.

Develop the skills
necessary to
quickly modify
work for each
participant to keep
your entire group
engaged and
progressing toward
their fitness goals.
Increase client
performance,

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adherence, and
enjoyment while
growing
relationships
between yourself
and your
clients—and your
clients ' relationships with
one another—with
proven strategies
for success. You ' ll

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find 12 sample programs with dynamic warm-ups and cool-downs, all suitable for a variety of needs and fitness goals, that will keep groups moving from beginning to end. Also included are over 70

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exercises,
complete with
descriptions and
variations that will
enable you to
quickly modify
exercises for group
members who are
more advanced or
less advanced
than the rest of the
group. With A

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Professional 's
Guide to Small-
Group Personal
Training, you ' ll
maximize your
training hours and
increase your
revenue potential
while creating a
fun, safe, and
motivating
environment for

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your clients. CE
exam available!
For certified
professionals, a
companion
continuing
education exam
can be completed
after reading this
book. A
Professional 's
Guide to Small-

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Group Personal
Training Online CE
Exam may be
purchased
separately or as
part of the A
Professional 's
Guide to Small-
Group Personal
Training With CE
Exam package
that includes both

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the book and the
exam.

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of Sports Medicine
(NASM), this book
is designed to help
people prepare for
the NASM
Certified Personal
Trainer (CPT)
Certification exam

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or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization,

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strength, and
power. More than
600 full-color
illustrations and
photographs
demonstrate
concepts and
techniques.
Exercise color
coding maps each
exercise
movement to a

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specific phase on
the OPT model.

Exercise boxes
demonstrate core
exercises and
detail the

necessary
preparation and
movement. Other

features include
research notes,
memory joggers,

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safety tips, and
review questions.

NASM Certified
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Exam Prep

2020-2021

Scottish Place
Names

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Advanced Fitness
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ACE Senior
Fitness Manual
An Illustrated
Guide to Your
Muscles in Action
Including
Exercises Used in
CrossFit®, P90X®,
and Other Popular
Fitness Programs
New Anatomy for
Strength & Fitness

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Training

*Containing almost
2000 entries, a history
and geography of
Scotland. Towns,
villages, islands,
mountains, lochs and
rivers of Scotland.*

*What are the biggest
obstacles to sticking to
a workout plan? You
don't have enough
time? It costs too*

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*much? You don't have
enough equipment?
You don't know how
to get the results you
want? Now you can
set those excuses
aside. Smarter
Workouts: The
Science of Exercise
Made Simple gives
you the solution you
need with efficient
and effective workout*

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programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals.

Exercise doesn't have to be difficult to

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figure out. In Smarter Workouts, fitness expert Pete McCall explains the effects of exercise on your body so you can identify what will work best for you. He gives you access to fat-burning workouts that help you work smarter to produce real results. First, choose

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your target: improving mobility for better balance and coordination, strengthening your core for better functional movement, or amping up your metabolism with sweat-inducing conditioning work. Then select one of seven equipment options to perform

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your workout:

*Bodyweight Dumbbell
Kettlebell Medicine
ball Stability ball
Sandbag Resistance
band Armed with a
variety of exercises
and organized plans,
you'll flow quickly
through your
workouts, saving
precious time and
experiencing real*

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results. Put an end to your frustration and let Smarter Workouts be your go-to guide for smart, effective workouts. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The

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Smarter Workouts

***Online CE Exam may
be purchased
separately or as part
of Smarter Workouts
With CE Exam, a
package that includes
both the book and the
exam.***

***Just in time for the
2020 exam, Ascencia
Test Prep's unofficial
NEW ACE Personal***

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Exam Book: ACE
CPT Practice Test
Questions Manual for
the American Council
on Exercise Personal
Trainer Examination
is different from
other practice test
books for the ACE
Personal Trainer
Exam. Our healthcare
test prep isn't like*

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*other study materials
because ACE*

Personal Trainer

Practice Exam Book

*offers you the up-to-
date, real examples,
graphics, and*

information you need

*for a quick but full
review of everything*

on the exam! Our

convenient materials

will give you the edge

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*you need to pass your
exam the first time.*

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Practice Exam Book

will quiz you on:

***Client Interviews and
Assessments Program***

Design and

Implementation

Progression and

Modifications

Professional Conduct,

Safety and Risk

Management About

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With healthcare

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*fields such as
nursing, pharmacy,
emergency care, and
physical therapy
becoming the fastest
and largest growing
industries in the
United States,
individuals looking to
enter the healthcare
industry or rise in
their field need high
quality, reliable*

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