



ACE Personal Trainer Exam Secrets Study Guide: Practice Review for the American Council on Exercise Certified Personal Trainer Exam

By ACE Exam Secrets Test Prep Team

Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 11.0in. x 8.2in. x 0.5in. Includes Practice Test Questions Get the test prep help you need to be successful on the ACE test. The American Council on Exercise Exam is extremely challenging and thorough test preparation is essential for success. ACE Personal Trainer Exam Study Guide is the ideal prep solution for anyone who wants to pass the ACE Exam. Not only does it provide a comprehensive guide to the ACE Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. ACE Personal Trainer Exam Secrets Study Guide includes: A thorough and detailed overview for the American Council on Exercise Exam An analysis on ATP A guide to the circulatory system An in-depth look at joints An extensive review of the muscular system A breakdown of the lever review An examination of fitness tips An analysis of program planning A breakdown of the CPR review Comprehensive practice questions with detailed answer explanations Its filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the American Council on Exercise (ACE) expects...



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