

Ace Personal Trainer Manual The Ultimate Resource For Fitness Professionals

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the ace personal trainer manual is an essential study tool for the ace personal trainer certification exam and an excellent fitness and exercise resource students will use throughout their health and fitness careers this third edition reflects the latest research findings and industry guidelines in the field of health and fitness revised and updated by the original authors and enhanced by the addition of a new chapter on health behavior and psychology this text covers every aspect of personal training from anatomy and physiology to injury prevention and legal issues

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

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

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

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this text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to

create exercise programs that help clients accomplish their fitness goals

this book contains a general personal trainer manual accompanied by study guides lesson plans and practice exams from beginner to intermediate it should serve as preparatory information for those wanting to pursue certification from other industry organizations for those trainers who or wish to work for themselves a business guide is included covering everything a fitness professional needs to know regarding finance operations sales and marketing of a personal training company the material is organized as a workbook and can be written in directly other resources such as forms or templates referenced can be downloaded through the links provided

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