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The ACE Personal Trainer Certification is designed for health and fitness professionals providing one-on-one or small-group fitness instruction to individuals who are apparently healthy or have medical clearance to exercise.

Certification Candidate Handbook 2018

The ACE Personal Trainer Manual (5th Edition) set combines our new comprehensive, personal training resource with our Essentials of Exercise Science for Fitness Professionals text. The new manual delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today, including behavior change expertise and coaching philosophy.

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