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Being a Certified Personal trainer requires an ongoing commitment to constant education and the dedication and desire to give your clients the highest quality experience possible every time they work with you! Scott Fishkind is an ACE certified personal trainer in Franklin, TN. Scott has also been a private teacher

since 1981.

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ACE Personal Trainer Manual by American Council on Exercise

The Ace Personal Trainer Manual 4th ed., The Ultimate Resource for Fitness Professionals, is the meat of the matter for this exam. Appendix B is the complete exam outline for the certification test. This should ideally be at the beginning of the book, but its in the back.

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If you need help selecting appropriate study materials for your fitness education, registering for an ACE exam or answering any questions about your certification, we're here to help. Expert consultants are available via e-mail at support@acefitness.org , on Live Chat or by phone at the number below Monday-Friday, 5 a.m. to 6 p.m. (PST).

ACE Personal Trainer Manual, 4th edition

Great manual with a lot of useful information needed to become a CPT. I took my exam and passed! The ACE manual along with this study guide > ACE Certified Personal Trainer Exam Prep really helped me when preparing for the ACE exam. The study guide narrows down the information from the big textbook that is required for the exam & the practice questions are similar to the actual test.

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Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified Personal Trainer within the healthcare community and provides guidelines for staying within the defined scope of practice. After completing this session, you will have a better understanding of:

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