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4. If the hip adductor is the prime mover in an exercise, what is the antagonist?

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### NASM Personal Trainer Certifications

ACSM's Resources for the Personal Trainer, Fifth Edition. This book provides coverage of anatomy, exercise physiology, biomechanics, behavior modification, and nutrition as well as assessment of strength and flexibility and the development of resistance and cardiorespiratory training programs.

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### Prepare for Exams - ACSM

The NASM Certified Personal Trainer (NASM-CPT) certification exam is accredited by The National Commission for Certifying Agencies (NCCA). In just a few weeks, you can

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become an NASM-CPT ready to join an industry that continues to grow as more and more people choose to live a healthier lifestyle.

Become a Personal Trainer | Personal Training Certification  
Get a personal trainer certification from NASM. Top rated trainer certification programs, study guides, exam prep, and advanced credentials

### NASM Practice Test (updated 2020)

If you are undecided on which personal trainer certification to choose, I suggest you take the quiz to find out which Cert is the best fit for you.. This study guide covers the most recent volume of the textbook: NASM Essentials of Personal Fitness Training 6th Edition. This page contains links to the study guide for each chapter in the NASM textbook, a NASM practice test as well as a full ...

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Practice Exam - Personal Trainer Certification  
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ACSM offers one, two, and three day exam preparation workshops for the following exams: Certified Personal Trainer, Certified Exercise Physiologist, Cancer Exercise Trainer, and Group Exercise Instructor.

## ACE Personal Trainer Practice Exam (Updated 2020)

All of them require the passing of an exam to obtain certification. For other resources, check out our free ACE Personal Trainer practice exam or our free NSCA Certified Personal Trainer practice exam. To prepare for the ACE Personal Trainer exam, use our ACE Personal Trainer Practice Exam Kit with 750 questions with answers fully explained.

## ACE Personal Trainer Exam (Practice Test)

ACE offers personal trainer certifications, group fitness instructor and lifestyle and weight management certifications, exam preparations, continuing education classes, discussion boards, social networking pages, success stories, and an exercise library, health recipes, and a youth fitness page.

## Test Questions - Personal Trainer Pioneer

Practice Exam. 1. You can lower your ... You should always keep a current CPR certification when training clients. True. False. 10. What are some common benefits of getting enough vitamins and minerals? ... National Personal Training Association Phone: 1-800-449-6189 Email: admin@personaltrainercertification.us

## Practice Exam - Personal Trainer Certification

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