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Simulated Practice Exam for the ACE Personal Trainer Exam: 150 Questions with Answers Fully Explained - Covers the Same Topics and Number of Questions as the Actual ACE Exam

Christy Hamilton

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Ace the ACE Personal Trainer Exam using this simulated, expert written practice exam with answers fully explained for ideal study. Based on the latest ACE Personal Trainer Manual 5th ed. Get an edge guaranteed. Also complements other study materials.

Contributing Authors:

Christy Hamilton, a health and fitness writer who held the ACE CPT for five years, as well as certifications as an NSCA Certified Personal Trainer and Group Fitness Instructor and ACSM Inclusive Fitness Trainer.

Susan HIll, a health and fitness writer who held the ACE CPT for ten years and now focuses on golf fitness training and has worked and trained on tour.

The ACE Personal Trainer exam is comprised of 150 multiple-choice questions based on 4 subject areas. These subject areas are broken down as follows:

Client Interviews & Assessments (31%)

Program Design & Implementation (33%)

Program Progression, Modifications & Maintenance (19%)

Professional Role & Responsibilities (17%)

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Amanda Bell:

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