



Secrets of the ACE Personal Trainer Exam Study Guide: ACE Test Review for the American Council on Exercise Certified Personal Trainer Exam

ACE Exam Secrets Test Prep Team

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*****Includes Practice Test Questions*****

Get the test prep help you need to be successful on the ACE test.

The American Council on Exercise Exam is extremely challenging and thorough test preparation is essential for success. *ACE Personal Trainer Exam Study Guide* is the ideal prep solution for anyone who wants to pass the ACE Exam.

Not only does it provide a comprehensive guide to the ACE Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

ACE Personal Trainer Exam Secrets Study Guide includes:

- A thorough and detailed overview for the American Council on Exercise Exam
- An analysis on ATP
- A guide to the circulatory system
- An in-depth look at joints
- An extensive review of the muscular system
- A breakdown of the lever review
- An examination of fitness tips
- An analysis of program planning
- A breakdown of the CPR review
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the American Council on Exercise (ACE) expects you to have mastered before sitting for the exam.

The ATP section covers:

- ATP Production- Aerobic and anaerobic systems

The Circulatory System section covers:

- Functions
- Cardiovascular conditions

The Joints section covers:

- Types of joints
- Bones/joints and muscles-descriptions
- Performed

The Muscular System section covers:

- Contractions
- General principles
- Exercises

The Lever Review section covers:

- Class levers
- Sarcomere review
- key movement terms

The Fitness Tips section covers:

- Fitness misconceptions
- Exercise in the USA
- Client consultation

The Program Planning section covers:

- Order of exercise
- Health considerations
- Injuries, risks, guidelines for reducing injury

The CPR Review/Cheat Sheet section covers:

- Conscious choking
- Unconscious choking
- Rescue breaths

These sections are full of specific and detailed information that will be key to passing the ACE Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual ACE Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our *ACE Personal Trainer Exam Study Guide* is no exception. It's an excellent investment in your future.

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Carissa Taylor:

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Eulalia Perry:

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