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a concise study guide that highlights the key concepts required to pass the american council on exercise ace cpt exam to become a certified personal trainer the content in this study guide is presented in an easy to read format that helps to comprehend retain the information this study guide is organized in the following four performance domains domain i client interviews assessments domain ii program design implementation domain iii program progression modifications domain iv professional conduct safety risk management includes key concepts with required information needed for the exam includes quick reference pages for helpful resources formulas conversions and acronyms includes 50 practice questions to further enhance knowledge to have an idea of what the actual exam will look like includes detailed practice question answers with explanations on how the answers were obtained includes detailed descriptions of assessments the heart muscles nutrition term definitions training modalities and more

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