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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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The ACE Personal Trainer Manual (5th Edition) set combines our new comprehensive, personal training resource with our Essentials of Exercise Science for Fitness Professionals text. The new manual delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today, including behavior change expertise and coaching philosophy.

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