

Chapter 5: Understanding the ACE Integrated Fitness Training® Model
Lesson 5

EVOLUTION OF PERSONAL TRAINING

- Personal trainers must be prepared to work with a varied clientele by developing programs that will:
 - Enhance activities of daily living (ADL)
 - Positively affect metabolic function with weight loss
 - Progress movement patterns to avoid injury and improve posture
 - Enhance cardiorespiratory fitness to bolster heart health, endurance, and performance
 - Increase muscular development to build strength, speed, and power





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