



ACE Personal Trainer Manual, 4th edition

Chapter 10: Resistance Training: Programming and Progressions



Learning Objectives

- This session, which is based on Chapter 10 of the *ACE Personal Trainer Manual, 4th ed.*, covers the benefits and acute and long-term physiological adaptations to resistance training, as well as the resistance-training component of the ACE IFT™ Model.
- After completing this session, you will have a better understanding of:
 - The various training variables, including frequency, intensity, and rest intervals
 - Training principles, including overload, progression, and specificity
 - Both linear and undulating periodization programs
 - Strength-training equipment options
 - Ergogenic aids and supplements

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