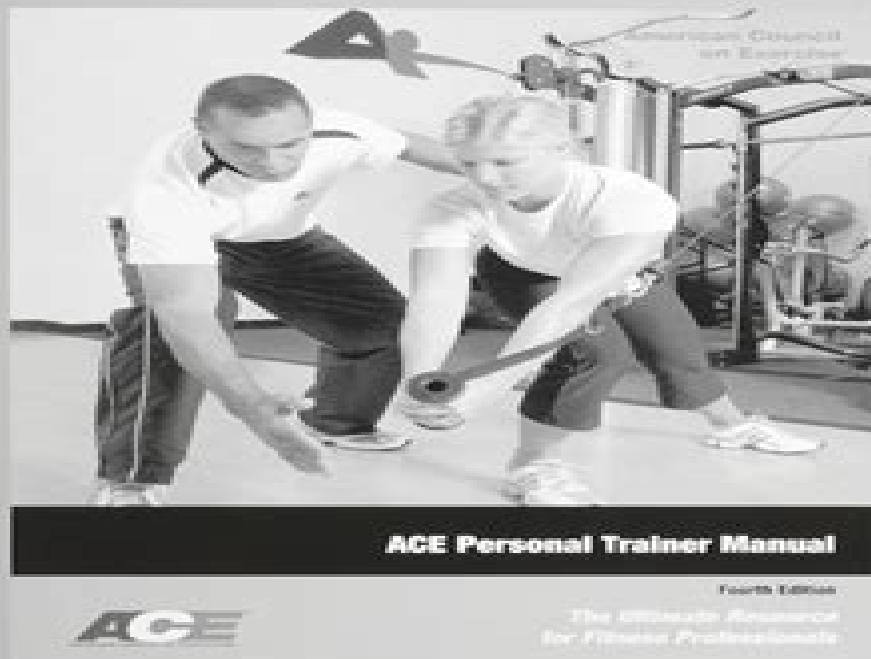


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Master the Manual

A Study Guide to Accompany the
ACE Personal Trainer Manual

Fourth Edition



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AMERICAN COUNCIL ON EXERCISE

Ace Persona Trainer Manual 4th Edition

**Ehrman, Jonathan K., Kerrigan,
Dennis, Keteyian, Steven**



Ace Personna Trainer Manual 4th Edition:

ACE Personal Trainer, Master the Manual Richard J. Seibert, American Council on Exercise, 2003 **ACE Personal Trainer Master the Manual** Daniel J. Green, Cedric X. Bryant, American Council on Exercise, 2011 **ACE Personal Trainer Manual** American Council on Exercise, 2010

This all new fourth edition of ACE's best selling textbook offers expanded coverage of a personal trainer's primary job responsibility assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health. Back Cover **A Woman's Guide to Muscle and Strength** Irene

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K., Kerrigan, Dennis, Keteyian, Steven, 2018 Written by experts in the field *Advanced Exercise Physiology: Essential Concepts and Applications* builds upon foundational topics and looks further into key physiological components to help advanced students gain a deeper level of understanding. **The BioMechanics Method for Corrective Exercise** Price, Justin, 2019

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body Apply various types of corrective exercises Implement the appropriate exercise strategies for a client s circumstances Design a corrective exercise program that addresses the underlying cause or causes of musculoskeletal and movement issues Readers will also have the opportunity to observe the application of many assessment and exercise techniques via 36 online videos The included corrective exercise library contains more than 65 self myofascial release stretching and strengthening exercises along with suggestions for exercise progressions and regressions Each technique is supplemented with full color photos and additional illustrations and tables aid with proper execution Practical advice and useful tools that further enhance professional competency include strategies and examples for communicating with clients to facilitate effective consultations and proper cuing for both the assessments and exercises Skill acquisition activities and self checks in every chapter allow readers to practice the real life application of their techniques Case studies demonstrate how the entire process can be implemented from assessment to program design To help you capitalize on the specialized skills outlined in this text the final section of the book explains how to create and manage a corrective exercise business It covers information on networking and referral systems tips for staying within scope of practice and marketing and promotion methods for attracting and retaining clients The strategies and techniques in this book proven successful by thousands of The BioMechanics Method corrective exercise specialists will enable you to develop distinctive musculoskeletal assessments and corrective exercise skills that can swiftly eliminate pain and improve physical function for your clients Note A code for accessing online videos is included with this ebook

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