

## American Council On Exercise Personal Trainer Manual

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At the American Council on Exercise, our mission is to get people moving. We believe in the power of movement to bring families, communities and coworkers together. We believe that even a little movement every day can play a big role in turning the tide on physical-inactivity related diseases such as heart disease and diabetes.

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Our Personal Trainers, Group Fitness Instructors, Health Coaches, and Medical Exercise Specialists are go-to experts in clubs worldwide. They are successful business owners, facilitators of corporate wellness programs, and respected resources for healthcare professionals.

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Personal Trainer Recertification | ACE Certification Renewal

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a. American College of Sport Medicine (ACSM) Health Fitness Instructor – Level 3 b. American College of Sports Medicine (ACSM) Certified Personal Trainer – Level 2 c. National Strength and Conditioning Association (NSCA) Certified Personal Trainer – Level 2 d. American Council on Exercise (ACE) Personal Trainer Certification – Level 3. 3.

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SCHILLER PARK, Ill., October 13, 2011 – Life Fitness, the global leader in commercial fitness equipment manufacturing and the American Council on Exercise, (ACE) America's leading authority on fitness and the largest nonprofit fitness certification, education and training organization in the world, have named Nicole Nichols as America's top Personal Trainer to Watch. Nichols was selected ...

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ACE Fitness ACE-Personal-Trainer : American Council on ...

other fitness professionals about current industry topics through speaking engagements at local establishments and national conferences, as well as through educational videos . She is a spokesperson for ACE and is involved in curriculum development for ACE continuing edu-cation programs . AmericAn council on exercise ACE Personal Trainer Manual ...

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American Council on Exercise Purpose The aim of the American Council on Exercise® (ACE®) Personal Trainer Certification examination is to evaluate if individuals have the knowledge and skills necessary to perform tasks that are critical for safe and competent practice as ACE Certified Personal Trainers.

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