

Download Personal Trainer Specialist Manual

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. **SIGN UP TODAY!** A canfitpro certified Personal Training Specialist is qualified to: Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Training Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals. Personal Trainer Study Programs. Study materials for the ACE Personal Trainer Certification come in multiple options. Each ACE Personal Trainer Study Program features a different combination of study aids designed to help you prepare for the exam and excel at your career. First, choose the Standard or Premier Certification Package (or you can choose to purchase only the Exam Voucher to 'test-out'). Both the Standard and Premier Certification Packages include the Exam Voucher, Exam Outline and all of the essential study prep material (like the Trainer Manual, Study Guide and Online Study Guide in chapter-by-chapter quizzes).