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ACE Personal Trainer Manual, 4 edition
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Ace Group Training Manual 4th
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ACE Personal Trainer Manual, 4th edition
Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified ... Designing structured exercise programs for one-on-one and small-group personal training ... Personal Trainer Manual, 4th ed. Found on the ACE website at:

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