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Ace 4th Edition Trainers Manual

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.

ACE Personal Trainer Manual: The Ultimate Resource for ...

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ACE Personal Trainer Manual, 4th edition

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ACE Personal Trainer Manual: Chapter 2 guide

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