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The ACE-certified Personal Trainer realizes that personal training is a service industry focused on helping people enhance fitness and modify risk factors for disease to improve health. ACE-certified Personal Trainer Scope of Practice Figure 1-2 page 9 The ACE-certified Personal Trainer is a fitness professional who has met all requirements of ...

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Chapter 2: Human Anatomy - Albemarle County, Virginia

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ACE Personal Trainer Manual Third Edition. Introduction ¶ To help prevent musculoskeletal injuries, focus on the following areas: ... ¶ It is critical that the personal trainer strictly reinforce the importance of proper technique for these clients.

Chapter 16: Musculoskeletal Injuries

The information contained in this manual is intended as a fitness guide and is not intended to replace a personal trainer. Remember; please consult your doctor before beginning any type of workout or diet

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