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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.

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American Council on Exercise Personal Trainer Manual CH7 pt 1"audio" (poor quality)

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ACE Personal Trainer Manual: Chapter 2 guide

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