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As a newly certified personal trainer through ACE (American Council on Exercise) taking on clients, I'm ready to share what I know. With the test behind me and the information fresh in my mind, I wanted to offer up my best few tips and tricks to help you study for the ACE personal trainer exam.

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The ACE Personal Trainer Manual, Fourth Edition, is not only an excellent study tool for the ACE certification exam, but also a valuable reference filled with practical tools and resources that you will utilize throughout your career.

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I chose to get my Personal Training certification from ACE because I got my Group Ex cert from them and well, like I said, I love the company. WHY ACE: The American Council on Exercise is NCCA accredited, offers comprehensive study packages and continued education, and has a valuable website and an extremely knowledgeable and helpful staff.