



ACSM Personal Trainer Certification Review Study Guide: Certified Personal Trainer (CPT) Exam Prep Resource Manual

ACSM CPT Exam Prep Team

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Developed for test takers trying to score well on the ACSM Personal Trainer Certification, this comprehensive study guide includes:

- Introduction
- Getting Ready for Test Day
- General Strategies
- Initial Client Consultation and Assessment
- Exercise Programming and Implementation
- Leadership and Education Implementation
- Legal, Professional, Business and Marketing
- Practice Test Questions
- Detailed Answer Explanations
- Post Exam

Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the ACSM Personal Trainer Certification.

The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them.

Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors.

Anyone planning to take the ACSM Personal Trainer Certification test should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

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Kathleen Bosarge:

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James Crist:

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love ACSM Personal Trainer Certification Review Study Guide: Certified Personal Trainer (CPT) Exam Prep Resource Manual, you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

Sherry Francis:

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