



# **Flashcard Study System for the ACE Personal Trainer Exam: ACE Test Practice Questions & Review for the American Council on Exercise Certified Personal Trainer Exam (Cards)**

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**\*\*\*Ace the ACE Exam and Get the Results You Deserve\*\*\*** The ACE Exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our *Flashcard Study System for the ACE Personal Trainer Exam* can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the ACE Exam. **The ATP section covers:**

- ATP Production- Aerobic and anaerobic systems

**The Circulatory System section covers:**

- Functions
- Cardiovascular conditions

**The Joints section covers:**

- Types of joints
- Bones/joints and muscles-descriptions
- Performed

**The Muscular System section covers:**

- Contractions
- General principles
- Exercises

**The Lever Review section covers:**

- Class levers
- Sarcomere review
- key movement terms

**The Fitness Tips section covers:**

- Fitness misconceptions
- Exercise in the USA
- Client consultation

**The Program Planning section covers:**

- Order of exercise
- Health considerations
- Injuries, risks, guidelines for reducing injury

**The CPR Review/Cheat Sheet section covers:**

- Conscious choking
- Unconscious choking
- Rescue breaths

...and much more! We believe in delivering lots of value for your money, so the ***Flashcard Study System for the ACE Personal Trainer Exam*** is packed with the critical information you'll need to master in order to ace the ACE Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. ***Flashcard Study System for the ACE Personal Trainer Exam*** uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. ***Flashcard Study System for the ACE Personal Trainer Exam*** can help you get the results you deserve.

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