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difficult. My method for
attacking this chapter was
to draw out the different
sections of the body and

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memorize what those specific muscles and bones were called.

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Guide, & Cheat Sheet
(2020)

Yes, ACE still recommends that you use your Group Fitness Instructor Handbook to study for your Group Fitness Instructor certification exam, as the

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Guide study materials have not changed. In summary, you can still prepare for and have success on the ACE Group Fitness Instructor certification exam using the ACE Group Fitness Instructor Handbook and associated

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Changes to the Group Fitness
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The ACE Personal Trainer
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Assessments. Program Design
and Implementation. Program
Progression, Modifications
and Maintenance; and.

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