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Build Your Personal Certification Exam Prep Plan. If you're considering an ACSM certification, you may be asking, "what do I

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need to do to prepare?" The short of it is that there is no one-size-fits-all study plan. Every person has a different way of learning and level of experience with the material.

ACSM Study Guide | Infographic

The current textbook is called ACSM's Resources for the Personal Trainer 5th edition. It consists of

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22 chapters and is written by the American College of Sports Medicine. Refer to the image on this page so that you pick up the correct textbook. I recommend either picking the book up from the ACSM website or from Amazon.

FREE ACSM Study Guide - Personal Trainer Pioneer

In addition to the ACSM

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ACSM PERSONAL TRAINER EXAM STUDY GUIDE 2014

To become an ACSM Certified Personal Trainer (CPT), the applicant must be 18 years of age or older, have a high school diploma or the GED equivalent, and hold a current adult CPR certification with a practical skills component. CPR

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certifications from the American Heart Association and the American Red Cross meet this requirement.

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To help personal trainers choose the best personal training certification, we put 10 of the best CPTs together and compared price, CEUs, salary and more. Skip to content. Our students have a 99% Pass Rate (424) 675-0476.

Best Personal
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Trainer Certification- Top 10 CPTs of 2020

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This app is our exclusive study aid designed for exams such as the Certified Personal Trainer test issue by the ACSM, as well as the Certified Health Fitness Specialist and Exercise Specialist exams. Each question targets a specific topic outlined by the ACSM test guide, and comes with

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