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Ace Personal Trainer Manual: The Ultimate Resource for ...

AmericAn council on exercise ACE Personal Trainer Manual viii. David Ohton has been the director of strength and conditioning at San Diego State University since 1985 . After graduating from Arizona State University (ASU), he signed a free agent contract with the Kansas City Chiefs and attended graduate school at ASU with an emphasis in sports psychology and biomechanics while serving as a ...

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And like previous editions of this manual, this Fourth Edition of the ACE Personal Trainer Manual was written based on feedback from individuals who are active in the fitness world--practicing personal trainers, university professors, and industry experts--who worked together to create the Exam Content Outline (see Appendix B).

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