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Study Guide  
**Acsm Study**

Personal  
**Guide**

Trainer  
**Personal**

**Trainer**

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You Reduce Your

Study Time and

Master the

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~~Studying for the~~

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~~Review ACSM Exam~~

~~FAQ [ACSM Exam~~

~~Pass Rate, Test~~

~~Difficulty, and~~

~~More Info]~~

~~BECOME A~~

~~CERTIFIED~~

~~PERSONAL TRAINER~~

~~(STEP BY STEP)~~

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~~Get Your ACSM~~

~~Personal~~

~~Training~~

~~Certification~~

The ACSM CPT

Exam | What You

Need To Know

ACSM CPT Test

prep ACSM

**Personal Trainer**

**Practice Test #1**

**10 Secrets to**

**pass the NASM**

**exam - NASM**

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Which one should  
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CPT Exam FAQ

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Personal Trainer  
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the NASM CPT ||  
Certification~~

**HOW TO PASS THE  
ISSA FITNESS**

**TRAINER EXAM -**

**Study tips and  
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~~NASM CPT EXAM~~

~~CONTENT, STUDY~~

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~~2020~~ HOW TO PASS

YOUR ACE

PERSONAL

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Personal Trainer

Course? How many

personal

training

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ACSM Study Guide

Circuit Training

ACSM's Complete

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Personal Trainer

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Practice Guide

Questions 2016

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the Energy

Systems of the

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Secrets - Free

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**Personal Trainer**

Before we get started, you will need the official textbook from the ACSM to study for their exam. The current textbook is called ACSM's Resources for

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the Personal

Trainer 5th

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chapters and is

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Certified

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Specialist,

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Specialist, and

Registered

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### **ACSM Personal Trainer Study Guide**

If you're considering an ACSM certification, you may be asking, " what do I need to do to prepare? "

The short of it is that there is no one-size-fits-

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all study plan.

Every person has a different way of learning and level of

experience with the material.

One of the best ways to get started is to use the exam content outline.

**ACSM Study Guide**

*Page 22/44*

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### | **Infographic**

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knowledge,  
skills, and  
abilities with  
the ACSM Exam  
Flashcards and  
Practice Test,  
and pass the  
ACSM-CPT exam on  
your first



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attempt. The sooner you pass the ACSM-CPT exam, the sooner you become an ACSM Certified Personal Trainer.

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Certification  
Review (Practice**

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certification

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materials you

need for the

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NSCA CSCS, NSCA

CPT and ACSM

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**Trainer Study**

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**Study Guide**

**Practice Tests**

ACSM's Resources

for the Personal

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book provides

coverage of

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exercise

physiology,

biomechanics,

behavior

modification,

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and nutrition as well as assessment of strength and flexibility and the development of resistance and cardiorespiratory training programs.

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your proficiency  
and adapts its  
questions to  
make sure you  
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**ACSM CPT**

**Practice Test**

**(ACSM**

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**Review)**

A personal  
trainer will  
develop an  
exercise program  
to meet their  
client's  
personal fitness  
goals. To become

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### 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

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with a practical  
skills  
component.

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highlights the  
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