

## Ace Group Fitness Instructor Manual

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~~Amazon.com: Ace Group Fitness Instructor Manual: A Guide ...~~

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~~ACE Group Fitness Instructor Handbook~~

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By Ace Ace Group Fitness Instructor Manual: A Guide for Fitness Professional (3rd Edition) Jan 16, 1900. Paperback Only 2 left in stock - order soon. Ace Group Fitness Instructor Manual: A Guide for Fitness Professionals: Book and DVD by American Council on Exercise (March 1, 2007) Paperback 2. Jan 1, 1780 ...

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This manual is an essential tool for the Group Fitness Instructor Certification Exam preparation and a complete on-the-job resource. Includes a companion DVD on group fitness modalities. 2nd ed. 2008, 453 pgs.

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- Christy D., ACE Certified Group Fitness Instructor An unparalleled learning experience to prepare you to get certified. With all ACE Certification Study Programs, you can count on learning the latest instructional techniques, coaching skills and leadership strategies for teaching safe, effective and enjoyable group fitness classes.

~~Group Fitness Certification | Become a Fitness Instructor ...~~

Identifying yourself as an ACE Certified Personal Trainer or Group Fitness Instructor at 24 Hour Fitness, Anytime Fitness, Town Sports International, KoKo FitClub, Crunch, Steve Nash Fitness World and Sports Club, Orangetheory Fitness and Active Wellness will get you in the door for an interview for any qualifying position at those facilities.

~~5 Steps For Becoming a Group Fitness Instructor | ACE~~

The ACE Integrated Fitness Training ® (ACE IFT ®) Model was created as a tool to help health and fitness professionals deliver custom, individualized exercise programs built on a foundation of meaningful rapport and strong personal connection. As the most comprehensive training model in the industry, the ACE IFT Model provides insight to ...

~~ACE | Personal Trainer | IFT Model~~

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### ~~FREE ACE Practice Test, Study Guide, & Cheat Sheet (2020)~~

~~ACE PERSONAL TRAINER AND GROUP FITNESS INSTRUCTOR CERTIFICATION EXAMS + You must be at least 18 years of age. + You must hold a current adult cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) certificate including live skills check.\* + You must have completed high school (or the equivalent).~~

### ~~Certification Candidate Handbook~~

~~However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness Instructor Certification is the optimal choice. The ACE Health Coach Certification is designed for individuals who seek to obtain the behavior change, physical activity and nutrition coaching skills needed to promote long-term, healthy change.~~

### ~~ACE | Certified Personal Trainer | ACE Personal Trainer~~

~~The primary manual is the "resources for the group exercise instructor." This textbook can be purchased from the ACSM website for \$72.99. The smaller second book is called "the guidelines for exercise testing and prescription." This textbook can also be purchased from the ACSM website for \$41.99.~~

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~~Ann Lugo is certified through the American Council on Exercise. Learn more about Ann Lugo~~

### ~~Ann Lugo | ACE Certified Personal Trainer Profile~~

~~ACE (American Council on Exercise) As a long-time leader in the fitness credentialing industry, all of ACE's core certifications are accredited by the NCCA - including Group Fitness Instructor. It is considered by many to be the "gold standard" in group fitness certifications.~~

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