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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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Appendix B is the complete exam outline for the certification test. This should ideally be at the beginning of the book, but its in the back.

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