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NASM-CPT APPROVED REFERENCES PRIMARY REFERENCES: 1. NASM Essentials of Personal Fitness Training, 6th Edition 2. NASM Essentials of Personal Fitness Training, 5th Edition 3. ACSM's Resource for Personal Trainers, 4th Edition 4. ACE Personal Trainer Manual, 4th Edition 5. Trail Guide to the Body, 5th Edition (Biel) 6.

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ACE Personal Trainer Manual by American Council on Exercise

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ACE Personal Trainer Manual: The Ultimate Resource for Fitness Professionals (Fourth Edition) by Exercise, American Council on and a great selection of related books, art and collectibles available now at AbeBooks.com.

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Great manual with a lot of useful information needed to become a CPT. I took my exam and passed! The ACE manual along with this study guide > ACE Certified Personal Trainer Exam Prep really helped me when preparing for the ACE exam. The study guide narrows down the information from the big textbook that is required for the exam & the practice questions are similar to the actual test.

ACE Personal Trainer Manual: Chapter 2 guide

The Ace Personal Trainer Manual 4th ed., The Ultimate Resource for Fitness Professionals, is the meat of the matter for this exam. 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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