

## Ace Group Fitness Instructor Manual

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

An all-new edition of the ACE Group Fitness Instructor Handbook, designed to give the reader a solid foundation in group fitness instruction Provides an optimal balance of theory and practical application Created with key insights from industry experts whose hands-on experience crosses multiple modalities

### ACE Group Fitness Instructor Handbook

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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.

ACE Group Fitness Instructor Manual: A Guide for Fitness

Start studying ACE Group Fitness Instructor Manual: Chapter 3. Learn vocabulary, terms, and more with flashcards, games, and other study tools.

ACE Group Fitness Instructor Manual: Chapter 3 Flashcards

- 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 these facilities.

5 Steps For Becoming a Group Fitness Instructor | ACE

The ACE Integrated Fitness Training \u2122 (ACE IFT \u2122) 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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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.

5 Group Fitness Certifications - Which one is the best in

The all-new ACE Group Fitness Instructor Manual, 3rd Edition, prepares fitness professionals to design effective group fitness programs and both safely and successfully lead a wide range of class formats and participants. See details- ACE Group Fitness Instructor Manual: A Guide for Fitness Professionals (w/ DVD)

Group Fitness Instructor Manual by Am Council (Hardcover)

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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