



**Practice Exam for the ACE ® Personal Trainer
Certification Exam - 2016 Edition: 400 Questions
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Cards, Review, etc.**

Christy Hamilton, Susan Hill

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Contributing Authors:

Christy Hamilton, a health and fitness writer who held the ACE CPT for five years, as well as certifications as an NSCA Certified Personal Trainer and Group Fitness Instructor and ACSM Inclusive Fitness Trainer.

Susan Hill, a health and fitness writer who held the ACE CPT for ten years and now focuses on golf fitness training and has worked and trained on tour.

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Client Interviews & Assessments (31%)

Program Design & Implementation (33%)

Program Progression, Modifications & Maintenance (19%)

Professional Role & Responsibilities (17%)

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