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AmericAn council on exercise ACE Personal Trainer Manual viii. David Ohton has been the director of strength and conditioning at San Diego State University since 1985 . After graduating from Arizona State University (ASU), he signed a free agent contract with the Kansas City Chiefs and attended graduate school at ASU with an emphasis in sports psychology and biomechanics while serving as a ...

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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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