

ACE CPT Exam Study Resource

The ACE CPT Exam can be considered one of the most difficult Fitness Certification Exams in the industry. Completing 150 questions in 180 minutes, with only your memory, can be a truly daunting task. When you sign up, you're given a textbook and some basic online materials and let loose. It is no wonder almost a third of people fail this exam. This guide was created to fix that.



Textbook



American Council on Exercise Personal Trainer Manual - Fifth Edition

Important Contents:

- o 18 chapters
- o Essentials of Exercise Science Handbook
- o Appendices A-C



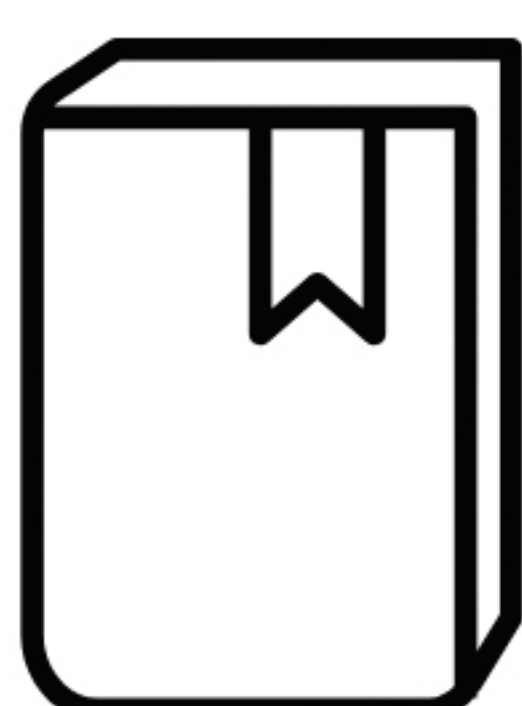
Online Tools



Online study tools
exam practice tests



ACE Study Center
on Facebook



Study Guides



Exam Content Outline
for ACE
(back of book)



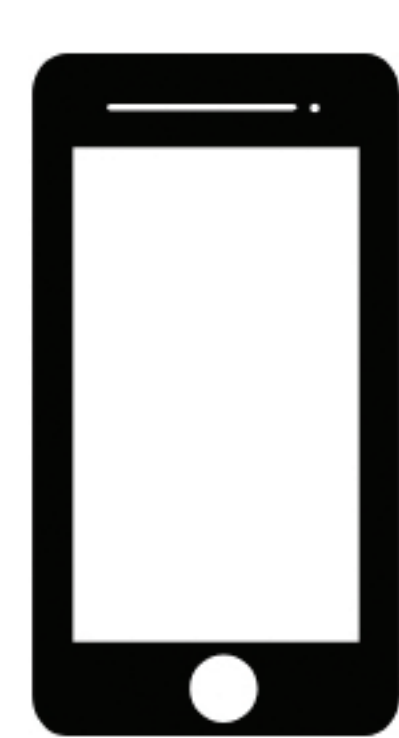
Free ACE CPT Study Guide



Premium ACE CPT Study Guide



Online Course for ACE CPT Exam



Apps



App Store



Google play

- o Available through App Store or Google Play (Apple and Android)
- o Search "ACE CPT"
- o Currently 4 apps aimed at helping you to pass ACE CPT Exam
- o Prices range from free to \$9.99 and vary depending on questions

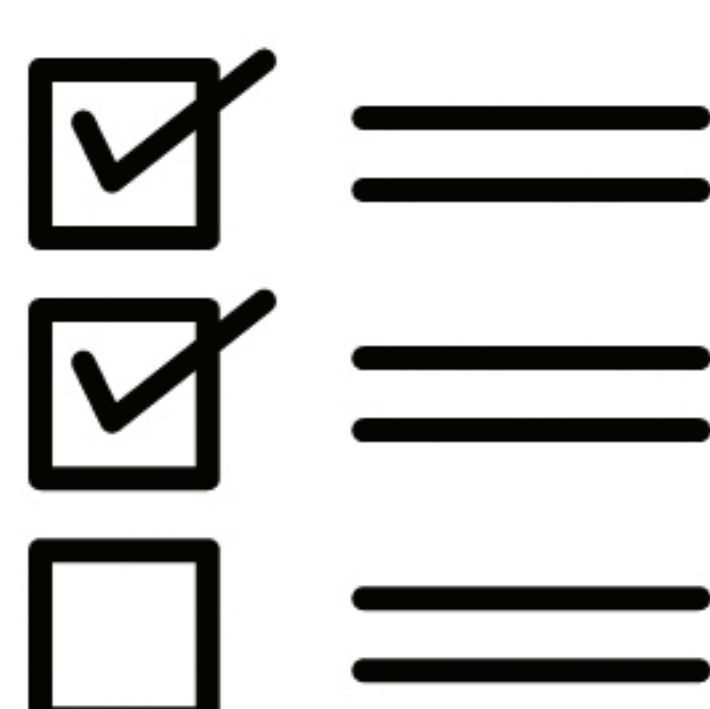
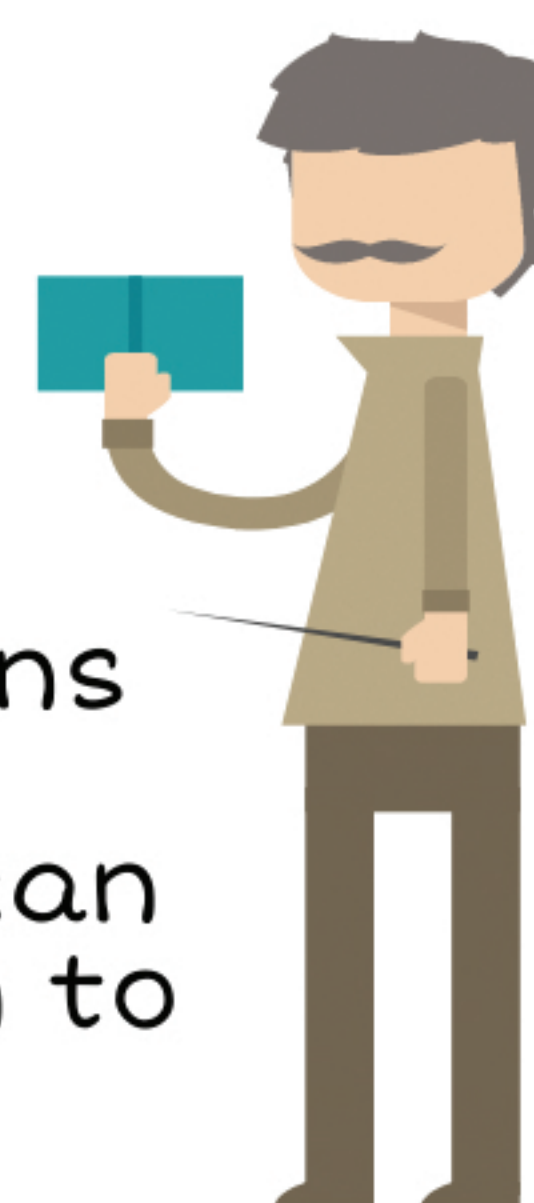


Audio Lectures



Only available through Fitness Mentors

- o A real human explains the information in a simple way that you can understand and learn to apply



Practice Tests



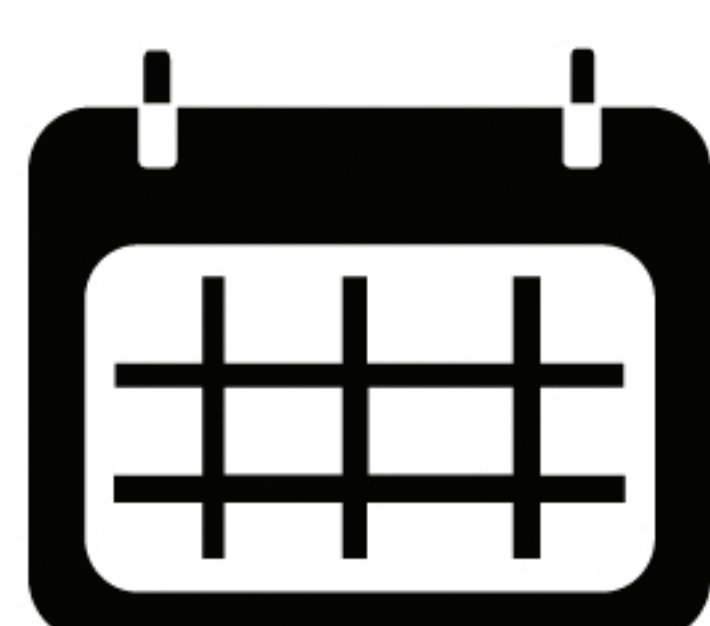
Practice Tests
o Two 150-question practice tests



FitnessMentors.com
o 400 questions updated regularly on user feedback.



Apps
o 400-600 outdated test questions



Study Timeline



8 Week and 4 Week Study Timeline



Online Course for ACE CPT Exam
(with Pass Guarantee)



- Practice Tests
- Study Guide
- Audio Lectures
- PowerPoint Presentations
- PowerPoint Lectures
- Study Guide Answers
- Final Exam Review

ACE CPT Exam Study Resource
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