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If you would like to get certified to lead one-on-one or small-group training sessions, the ACE Personal Trainer Certification would be the best fit. However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness

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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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Knowledge, Skills, and Abilities The ACE Personal Trainer Certification is designed for fitness professionals wanting to provide one- on-one and small-group exercise instruction to apparently healthy individuals. The certification program is continually evaluated. The outline of tasks, knowledge, and skills is published as the ACE Personal Trainer Exam Content Outline Published as Appendix B in the ACE Personal Trainer Manual, 4th ed. Found on the ACE website at: www.acefitness.org

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