

## Ace Group Fitness Instructor Manual

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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.

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Ann Lugo is certified through the American Council on Exercise. Learn more about Ann Lugo

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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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