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ACE Ch 1

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This session, which is based on Chapter 7 of the ACE Personal Trainer Manual(4thed.), explains the importance of various functional assessments and outlines how to properly perform each. After completing this session, you will have a better understanding of: –How to set up a plumb line to conduct a basic postural assessment.

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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

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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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ACE Personal Trainer Manual: Chapter 2 guide

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