

# ACE-PERSONAL-TRAINER<sup>Q&As</sup>

American Council on Exercise (ACE) Personal Trainer (PT)

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**QUESTION 1**

Which recommendation regarding myofascial release should an ACE certified Personal Trainer make to a client?

- A. Combine it with other stretching methods.
- B. Do it with a heating pad if muscles are sore.
- C. Have a physical therapist perform it due to risk of injury.
- D. Self-administer it frequently.

Correct Answer: B

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**QUESTION 2**

During your initial assessment, your client informs you that she has been unsuccessful on multiple diet and exercise programs. She indicates that she cannot maintain consistency due to her hectic schedule, family commitments, and work stress. Despite her situation, she wants you to design a program in which she can succeed. Based on this information, what stage of change would this client be in?

- A. Precontemplation
- B. Contemplation
- C. Maintenance
- D. Action

Correct Answer: B

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**QUESTION 3**

A new client who stands 5'5" (165 cm) tall and weighs 325 lbs (147 kg) is interested in losing weight and would like a full physiological assessment including body composition assessment. Which body composition and body size assessments will be the MOST accurate and appropriate for this client?

- A. Skinfold measurements, girth measurements, and waist-to-hip ratio
- B. Near-infrared interactance (NIR), girth measurements, and body mass index
- C. Whole-body air displacement plethysmography (ADP), girth measurements, and waist-to-hip ratio
- D. Bioelectric impedance analysis (BIA), girth measurements, and body mass index

Correct Answer: B

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**QUESTION 4**

Christine adhered to her new fitness program for 12 weeks before having an appendectomy. Post-surgery she receives clearance from her physician to start exercising again. Her personal trainer wants to reevaluate her fitness level and suggests that Christine re-establish her fitness goals. What was the personal trainer's intention with this action?

- A. To validate the need to start training again
- B. To develop a new plan not associated with her previous illness
- C. To promote adherence and motivation
- D. To adhere to standard liability protocols

Correct Answer: C

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#### QUESTION 5

What is the CEC requirement for certification renewal of an ACE certified Personal Trainer?

- A. A minimum hours of CECs and a current AED certificate are required every two years.
- B. A minimum hours of CECs and a current AED certificate are required every four years.
- C. A minimum hours of CECs and a current CPR certificate are required every two years.
- D. A minimum hours of CECs and a current CPR certificate are required every four years.

Correct Answer: C

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