

## Ace Personal Trainer Test Answers

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(and Answers) The ACE CPT Exam is known for being one of the most difficult personal training certifications to pass.

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1) Passive 10-sec pre-stretch 2) Trainer applies resistance, counteracting client's force of concentric contraction of target muscle group, w/out completely restricting joint through its ROM. 3) Relax muscle group and passively stretch; hold for 30 sec to increase ROM 4) Greater stretch during final phase due to AUTOGENIC inhibition

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