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If you're considering an ACSM certification, you may be asking, " what do I need to do to prepare? " The short of it is that there is no one-size-fits-all study plan. Every person has a different way of learning and level of experience with the material. One of the best ways to get started is to use the exam content outline.

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ACSM CPT Practice Test (ACSM Certification Review)

A personal trainer will develop an exercise program to meet their client's personal fitness goals. To become an ACSM Certified Personal Trainer (CPT), the applicant must be 18 years of age or older, have a high school diploma or the GED equivalent, and hold a current adult CPR certification with a practical skills component.

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