

TRIVIUM TEST PREP

ACSM

PERSONAL TRAINER STUDY GUIDE

TEST PREP SECRETS FOR THE ACSM CPT EXAM

PASS YOUR TEST THE FIRST TIME, GUARANTEED



**BEST
SCORE
RAISING
STUDY GUIDE**

- Practice questions for all concepts
- Tips from the ACSM CPT experts
- Real test secrets revealed

Trivium Test Prep

ACSM Personal Trainer Study Guide: Test Prep Secrets for the ASCM CPT



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Not recommended This book is horribly disorganized.great resource Helped me plan and pass my exam. Although it may contain the majority of what is needed to pass the examination (perhaps 2/3) having less clarity and randomness where the material is presented helps it be a nightmare. This still contains ECG reading and history, material no longer covered on the check. It generally does not cover significant portions of skeletal muscle mass details, specifics on spotting, etc that are required to know. The 1st chapter alone has many medical acronyms that are not defined (but are relevant if they took the period to explain) particularly in the chance assessment section - one which a trainer needs to know cold to accomplish well on the check. Instead spend the incremental money to purchase the official ACSM PCT publication and download the pocket test with 500 queries and you will turn out miles ahead. I would recommend this guide in the event that you don't feel just like wasting considerable time and cash.no thanks to this book. I just sat for my CPT ensure that you passed. Don't perform it!. I still tried various other sample questions that were free online, but I think the combo of to-the-point knowledge and questions after each chapter were the most helpful. Four Stars Studied the book and stilled failed can reschedule and critique the book again. I came across several major mistakes in the information. Also, the check is HARD which book doesn't commence to cover the required material. Don't waste your money. Five Stars Love it No Problems Item was in great condition, arrived quickly. That is a reasonable 250 pages (compared to nearly 500) and protected everything I needed to know in addition to apply test questions. I would recommend this guide Taking the ACSM test for personal trainer certification is nearly \$300 so I wanted to make sure I exceeded it the very first time. I purchased this book because the only various other one with decent reviews costs like \$140 and this is only 20% of that. With that out of the way, I'm happy I did. Be sure you have supplementary materials as that is just a review book and does not cover the basics.. I ended up obtaining 138 out of 150 questions directly on the actual test, so I'm happy and happy to finally possess a certification. Four Stars very good content Certified PT I have a bachelors in workout and fitness and I purchased this reserve to review for the ACSM PT test and passed with flying colours on my first attempt!



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