



ACE Personal Trainer Manual, 4th edition

Chapter 5: Introduction to the ACE Integrated Fitness Training™ Model

Learning Objectives



- This session, which is based on Chapter 5 of the *ACE Personal Trainer Manual, 4th ed.*, introduces the ACE Integrated Fitness Training (ACE IFT™) Model.
- After completing this session, you will have a better understanding of:
 - The health—fitness—performance continuum
 - How rapport and behavioral strategies fit within the ACE IFT Model
 - The training components and phases of the model and how they can be utilized to provide individualized training solutions for any

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