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Straighten the head and tilt it upwards with one hand holding the mouth closed and the other on the forehead. Raise the victim's chin and keep his/her mouth shut. Seal your lips around the nose and breathe into the nose. Remove your mouth and then turn your head to watch the chest fall.

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All of them require the passing of an exam to obtain certification. For other resources, check out our free ACE Personal Trainer practice exam or our free NSCA Certified Personal Trainer practice exam. To prepare for the ACE Personal Trainer exam, use our ACE Personal Trainer Practice Exam Kit with 750 questions with answers fully explained.

Personal Trainer Test (2020 Current). Explained Answers.

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Expertrating Personal Trainer Test Answers

File Type PDF Expertrating Personal Trainer Test Answers ExpertRating offers an online Personal Trainer Certification for \$69.99 for people who would like to become certified fitness trainers. This fitness certification includes an indepth courseware leading to an online exam.

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ExpertRating is one of the world's only ISO certified companies offering an online Personal Trainer Certification. c. The course is comprehensive and well-balanced and has been developed by highly experienced professionals. d. All of the above. 2. Which statement among the following is NOT true regarding the ExpertRating Personal Trainer ...

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