



# ACE Personal Trainer Simulated Practice Exam

*Christy Hamilton*

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by Christy Hamilton NSCA  
Certified Personal Trainer  
Health and Fitness Writer  
Group Fitness Instructor  
ACSM Inclusive Fitness Trainer

Our practice exam follows the actual subject areas of the ACE Personal Trainer exam which is comprised of 150 multiple-choice questions based on 4 subject areas. These subject areas are broken down as follows:  
Client Interviews and Assessments  
Program Design and Implementation  
Program Progression, Modifications and Maintenance; and  
Professional Role and Responsibilities.

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