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professionals in relation to the other members of the healthcare team (Figure 1-1). Each client will generally have a primary care physician who is

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PART I INTRODUCTION - ACE | Certified Personal Trainer

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Standing efficiently on a single leg mandates stability in the stance-leg, hip, and torso, while simultaneously exhibiting mobility in the raised leg if stepping is involved. ACE Personal Trainer Manual, 4 th ed., p. 292 14)

Which type of movement has the GREATEST need for thoracic mobility? a.

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Pushing movements b. Bend-and-lift movements c. Rotational movements d.

ACE Personal Trainer Manual 4 th ed p 254 10 A key role of ...

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