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Ace Personal Trainer Master The

Shana Verstegen is an ACE and TRX Master Trainer, a member of the Under Armour Training Team and a 6-time world champion lumberjack athlete. She is also a certified personal trainer through ACE, NASM and NFPT. An energetic and personable speaker, she is the national spokesperson for the Huntington's Disease Society of America.

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I have never called myself a master personal trainer. Passing any fitness certification (ACE, AFAA, NSCA, NASM, ISSA, etc.) only demonstrates you know the MINIMUM requirements. There may be some advanced topics covered in a master personal trainer certification exam but there is still SO MUCH MORE that is not covered.

What Is A Master Personal Trainer? - Joe Cannon, MS

When choosing a fitness trainer, don't become overly concerned with titles, such as personal trainer or "master trainer" — an ambiguous term for which there is no universal meaning.

According to Joe Cannon, a fitness expert and certification course instructor, many individuals claim the title of master trainer based on a number of variables, including completion of certain courses and time ...