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30:48. ACE Personal Trainer Manual  
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pg156-163 This session, which is based on Chapter 7 of the ACE Personal Trainer Manual (4th ed.), explains the importance of various functional assessments and outlines how to properly perform each. After completing this session, you will have a better understanding of:

- How to set up a plumb line to conduct a basic postural assessment.
- How to identify five key postural deviations.
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