

## Ace Personal Trainer The Ultimate Resource For Fitness Professionals

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Because of this, "they give you better posture and alignment, and also help to prevent injury," says Robert Brace, CPT, a certified personal trainer and the founder of Brace Life Studios.

### ~~Are You an Ace at Push Ups? Strengthen Your Shoulders Even More With Pull Down Exercises~~

But since they were named one of the top workout trends in December by the American Council on Exercise (ACE), which does a yearly survey of fitness experts and personal trainers, you have likely ...

### ~~Have You Tried Kettlebells?~~

Red Sox pitcher Chris Sale walked off the field and gave the trainer the thumbs up. The left-hander was all smiles, and he understands he's getting closer to his ultimate goal of returning to ...

### ~~Red Sox ace Chris Sale's progress continues at Polar Park this week~~

"It is the ultimate outside world coming in and infiltrating this island that we've created, you know? So it really is a roller coaster, and I think it's the perfect test for relationships." Meet the ...

### ~~Love Island Brings Back Casa Amor Twist for Season 3: Meet the 10 Sexy New Islanders~~

Find out who says "aloha" to romance among the first group of Islanders, which includes a real estate investor, a Covid relief worker, a psychiatric nurse and a personal trainer, on Love ...

### ~~Meet The Cast Of Love Island; Season 3 Premieres On July 7~~

The Cubs, who won the 2016 World Series, three division titles and reached the postseason in five of the past six seasons, are waving the white flag.

### ~~Nightengale's Notebook: After hot start pushed off the inevitable, Chicago Cubs' sell-off may be upon us~~

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The Astros had been shut out by the Yankees the previous two games, highlighted by ace Gerrit Cole's three ... "It's the ultimate gut punch," manager Aaron Boone said.

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~~Altuve HR caps 6 run rally in 9th, Astros shock Yankees 8-7~~

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