

## Exercise Database and Library

Age Requirements

18 and over

Available 24/7

No

Family

No

Intake Process

Visit the website; call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

American Council on Exercise

<https://www.acefitness.org>

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

Main

(858) 279-8227

Toll-Free

(888) 825-3636

4851 Paramount Drive

92123 CA

United States

Monday: 7:00 am-4:00 pm

Tuesday: 7:00 am-4:00 pm

Wednesday: 7:00 am-4:00 pm

Thursday: 7:00 am-4:00 pm

Friday: 7:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Online information is available 24/7 Hours are Pacific Standard Time

## Languages Spoken

English

American Council on Exercise provides an online exercise database and library for consumers. Whether you're a beginning exerciser who needs help getting started or someone who wants to add some spice to your fitness routine, our ACE Fit® Exercise Library offers a variety of movements to choose from. Browse through total-body exercises or movements that target more specific areas of the body. Each comes with a detailed description and photos to help ensure proper form

The American Council on Exercise (ACE) is a nonprofit organization committed to promoting active, healthy lifestyles and their positive effect on the mind, body, and spirit. ACE pledges to enable all segments of society to enjoy the benefits of physical activity and protect the public against unsafe and ineffective fitness products and trends. ACE accomplishes this mission by setting certification and education standards for fitness instructors and through ongoing public education about the importance of exercise.

## Service Area(s)

Nationwide