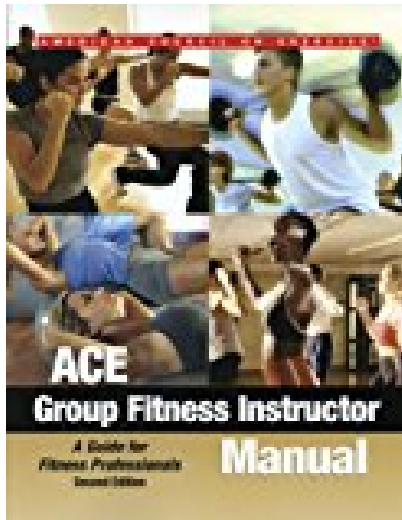


Ace Group Fitness Instructor Manual A Guide for Fitness Professionals Book and DVD



BOOK DETAILS

- Author : American Council on Exercise
- Pages : 439 Pages
- Publisher : Healthy Learning
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BOOK SYNOPSIS

Written and reviewed by top experts in a variety of fields - from exercise physiology and health psychology to business and law - this text is unlike any other resource for group fitness instructors. When coupled with ACEs essentials of exercise science for fitness professionals, the ACE group fitness instructor manual provides foundational knowledge required to pass the ACE certification exam and teach in almost any group setting. Group fitness instruction has expanded well beyond the traditional aerobics classes of years past but whether you teach step training, Pilates, yoga, or any of the other constantly emerging and evolving class types, this third edition of the ACE group fitness instructor manual is not only an excellent study tool as you prepare for the ACE exam, but also a valuable resource that you will refer to for years to come.

ACE GROUP FITNESS INSTRUCTOR MANUAL A GUIDE FOR FITNESS

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