

The Fitness Instructors Handbook A Complete Guide To Health And Fitness Fitness Professionals

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Transitions - Beginner's Handbook Videos - Pages 35 to 40

Tricks - Beginner's Handbook Videos - Pages 85 to 97The Fitness Instructors Handbook A

The Fitness Instructor's Handbook is the essential guide for anyone working in, or wishing to enter, the fitness industry. This new second edition has been fully updated and covers every component of the industry standards for both Level 2 and 3 qualification, and offers the perfect blend of theory and practice on every aspect of health and fitness.

The Fitness Instructor's Handbook (Fitness Professionals) ...

About The Fitness Instructor's Handbook. New and updated, The Fitness Instructor's Handbook, 3rd edition is the essential guide for anyone working in, or wishing to enter, the fitness industry. Including a brand new chapter on Cardiorespiratory machine exercises covering correct technique, safety points and step-by-step photos and updated references throughout, this new edition reflects the latest changes to the National Occupational Standards (levels 2 and 3).

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