

Essential Guide To Fitness 2e Answers

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the demand for multi skilled fitness instructors is rising as more and more australians realise the
benefits of a healthy lifestyle and regular exercise the essential guide to fitness for the fitness instructor
is an australian text designed to help prepare students for a successful career in the fitness industry it
introduces the reader to the skills a fitness instructor needs including an introduction to body systems
and exercise science client orientation induction and screening exercise programming and equipment
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that enhance student understanding objectives to outline the key topics to be covered in each chapter
workout exercises to help consolidate the learning in each chapter case studies to provide practical
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clearly demonstrate concepts equipment and positions that every fitness instructor needs to know it also makes a valuable professional reference for those already in the industry

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