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and implementing each class. Chapter 11 - Injury Prevention & Emergency Procedures 31. Incorporating modifications • Group fitness classes often consist of participants with

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This manual is an essential tool for the Group Fitness Instructor Certification Exam preparation and a complete on-the-job resource. Includes a companion DVD

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Ace Group Fitness Instructor Manual

ACE's all-new 3rd edition of the ACE Group Fitness Instructor Manual provides you all the skills you need to successfully and safely lead fun and engaging group fitness classes by helping you to understand effective communication and cueing, teaching techniques, class design, exercise science, motivational skills and much more. You will walk away with a renewed sense of how to engage participants using your passion, creativity and enthusiasm.

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