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Access To Fitness Experts An AFAA coach will be your guide, answering questions & offering assistance. An AFAA mentor will help you apply what you've learned through online discussion forums. Recertify for Life AFAA Recertify for Life gives AFAA Certified Group Fitness Instructors the opportunity to avoid renewal fees, and receive extra benefits.

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After many people reached out to me with questions about getting my certification, I decided to put together a blog post with a quick overview of my experience. Below you will find a few tips for passing the AFAA group exercise certification online. [Tips For Passing The AFAA Primary Group Exercise Certification Online](#)

AFAA Certification (Prep for the AFAA Personal Trainer Test)

AFAA Test Preparation Study Guide Study Guide contain expected questions,sample paper and practice tests to help test takers review and prepare for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam

Group Fitness Certification | AFAA

AFAA Primary Group Exercise Certification Study Guide This is probably way too much information, but I thought I would detail my experience studying for and passing (YAY!) the Aerobics and Fitness Association of America's Primary Group Exercise Certification.

Afaa Study Guide Questions

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AFAA Primary Group Exercise Certification Study Guide ...

GFI Exam Study Guide. The Human Movement System . Kinetic chain—interrelation of nervous, muscular, and skeletal systems to create movement . The Nervous System . Central nervous system (CNS)— brain and spinal cord; coordinates activity of body parts Peripheral nervous system (PNS) —all nerves branching off spinal cord, extending out to the body

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Tips For Passing The AFAA Group Exercise Certification Online

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The Human Movement System - AFAA

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AFAA Group Exercise Certification- Study Tips - Hungry Hobby

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AFAA Primary Group Exercise Certification Study Guide

Hi, Friends! I've been meaning to recap my AFAA group exercise certification but wanted to make sure I had passed before I announced it on the blog, you know, just in case. Earlier this got the news; I need to send in my CPR card, and I passed! Yes, there are many group fitness certs, I chose ...

Primary Group Exercise Certi?cation v4 Online Pages 1 - 50 ...

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