

Where To Download Group Fitness Study Guide

# **Group Fitness Study Guide**

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## Where To Download Group Fitness Study Guide

Group Fitness Study Guide Common Group Fitness Exercise Examples by Format Format Movement Prep Body of Workout Strength and Resistance • Kneeling hip flexor stretch • Lat stretch • Floor planks • Floor bridge • Single-leg squats • Squat to overhead press • Push-ups • Bent-over rows • Biceps curls • Lunge variations HIIT and Interval The Human Movement System - Get AFAA Certified! Group ... This study guide references the latest ACE Group Fitness Instructor Handbook presented in an easy to read format that helps to comprehend & retain the information. Organized in the following three performance domains:

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