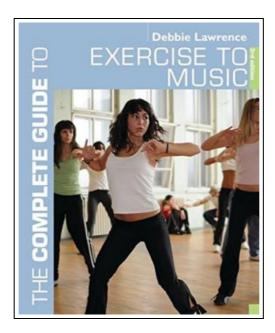
The Complete Guide to Exercise to Music (Paperback)



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Ally Reichel)

THE COMPLETE GUIDE TO EXERCISE TO MUSIC (PAPERBACK)



Bloomsbury Publishing PLC, United Kingdom, 2009. Paperback. Condition: New. 3rd Revised edition. Language: English. Brand New Book. The Complete Guide to Exercise to Music (3rd edition) is a practical handbook for the regular exerciser who wishes to know more about the enormous benefits of training to music, and the fitness professional who seeks a thorough grounding in Level 2 and 3 knowledge. This 3rd edition is fully updated to include: * Aspects of the core and skills-based knowledge for Level 2 and 3 ETM instructors * The latest research on safety in the exercise environment * Adapting ETM for special populations * Over 200 colour photographs demonstrating stretches and exercises Exercise to Music is one of the core modules of the Level 2 gym instructors syllabus, and a new Level 3 qualification was added in January 2008. This edition will cover all this knowledge, using revision notes and tests as useful tools for the readers study. The Complete Guide to Exercise to Music therefore aims to become the reference on this discipline for everyone involved in the health and fitness industry.



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