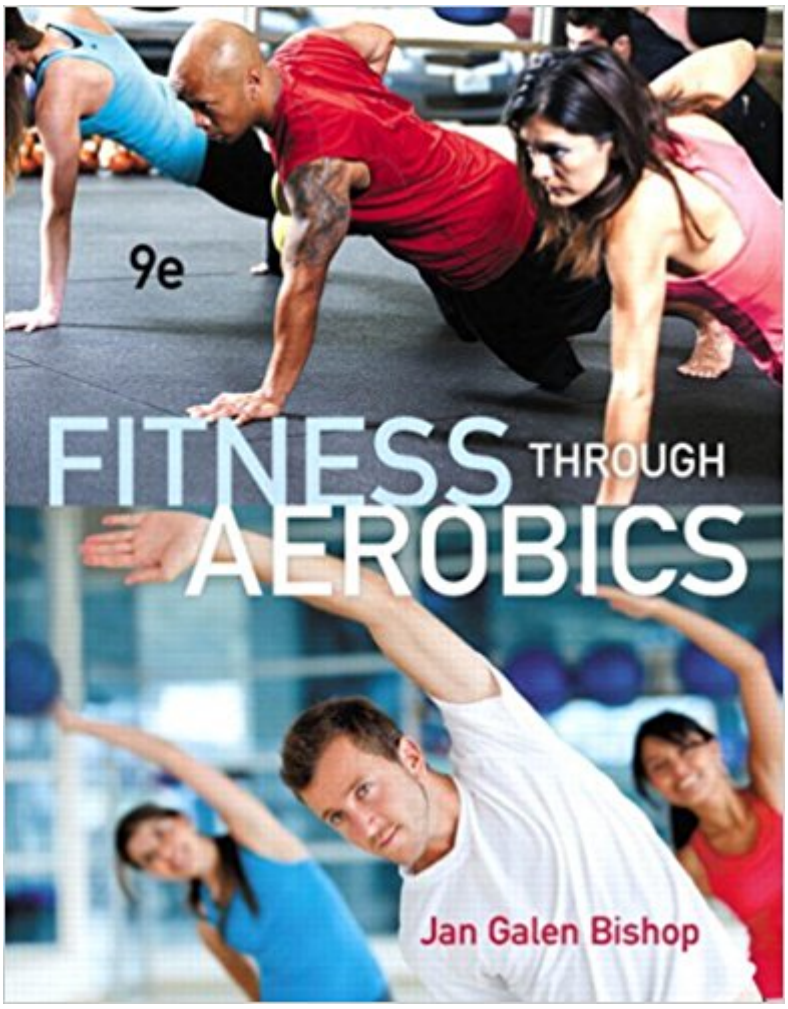
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Synopsis

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Reflecting current popular topics in group fitness, Fitness Through Aerobics, Ninth Edition covers a broad array of issues that speak to a wide range of aerobics instructors, and will engage students of every background and discipline. Bishop teaches steps and methodologies for performing all types of aerobic group exercisesÃ¢â ¬â •as well as strength and flexibility exercises that contribute to proper techniqueÃ¢â ¬â •in a straightforward, accessible writing style.Ã Â Ã Â The Ninth Edition is completely updated with videos that demonstrate proper exercise technique, new coverage of the latest group exercise activities, and new photos.

Book Information

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