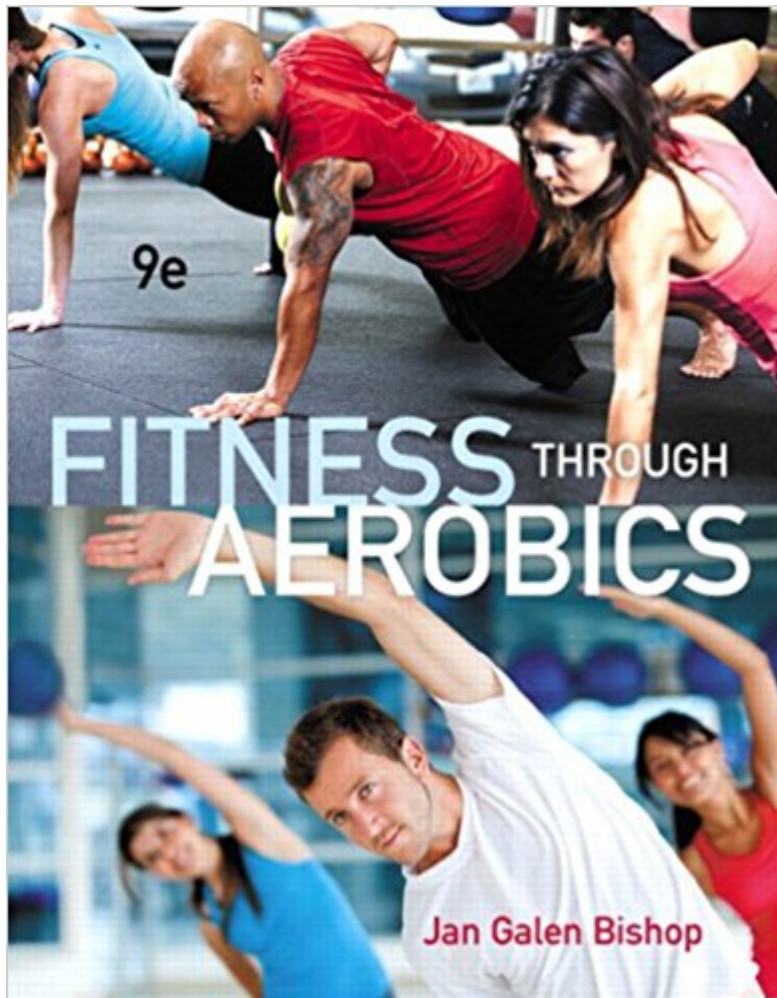




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Fitness Through Aerobics



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 exercises as well as strength and flexibility exercises that contribute to proper technique in a straightforward, accessible writing style. 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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Customer Reviews

Book was in proper condition, shipped very fast, and the whole purchase went really smooth. Great book for beginners in aerobics.

Works for what is needed. A bit rough for wear but readable.

I rented this book and it satisfied my expectation because it arrived at the expected delivery date. It is very reliable and I like that when it comes to purchasing/renting online!

I didn't really need you so I returned you

Great for class.

Massive amount of unnecessary text & theory. Too few sequential pictures of exercises.

okay

Very good sender. Got my book in a reasonable amount of time for school. And it was exactly what the description said it would be! Very happy!

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