



The Complete Guide To Exercise To Music

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Summary : Free the complete guide to exercise to music pdf download - 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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