

ACE

Group Fitness Instructor

STUDY GUIDE

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- Real test secrets revealed

The Comprehensive
Study Guide for the
**ACE Group Fitness
Instructor Exam**



Ace Group Fitness Exam Study Guide

Tao Wei



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questions and test taking strategies contained in this study guide

ACE Group Fitness Instructor American Council on Exercise, Richard J. Seibert, 2007 A study guide designed to accompany the ACE Group Fitness Instructor Manual 2nd ed by providing objectives and vocabulary to help the reader focus on the corresponding chapter in the manual exercises your ability to apply what you have learned to real life situations The application of this knowledge will support the reader's teaching group exercise and preparing for the examination p iv This workbook emphasizes learning and retention

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