



The Fitness Instructor s Handbook: A Complete Guide to Health and Fitness (Paperback)

By Morc Coulson

Bloomsbury Publishing PLC, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. New and updated, The Fitness Instructor s Handbook, 3rd edition is the essential guide for anyone working in, or wishing to enter, the fitness industry. Including a brand new chapter on Cardiorespiratory machine exercises covering correct technique, safety points and step-by-step photos and updated references throughout, this new edition reflects the latest changes to the National Occupational Standards (levels 2 and 3). Topics covered include: The skeletal system muscles and tendons the energy system circulation and respiration components of fitness safety issues customer service screening clients planning and programme design exercise evaluation. Packed full of illustrations, case studies, revision questions and sample programmes this is the ideal book for those new to the industry as well as experienced trainers.

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