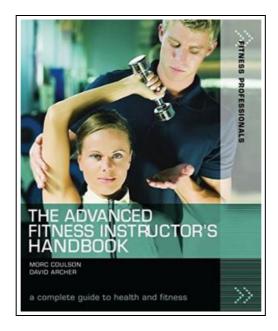
# The Advanced Fitness Instructor s Handbook (Paperback)



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### Reviews

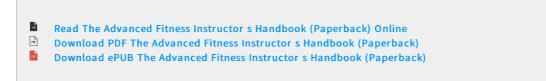
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# THE ADVANCED FITNESS INSTRUCTOR S HANDBOOK (PAPERBACK)



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Bloomsbury Publishing PLC, United Kingdom, 2008. Paperback. Condition: New. Language: English. Brand New Book. The Advanced Fitness Instructor's Handbook follows on from The Fitness Instructor's Handbook. It is the first textbook to cover the National Occupational Standards and the Qualifications framework for Level 3 and Level 4 Instructors teaching Exercise and Fitness - required to teach one-on-one, and the standards which gyms are increasingly expecting staff to attain.



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