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the fitness instructor s handbook is the essential guide for anyone working in or wishing to enter the fitness industry this new second edition has been fully updated and covers every component of the industry standards for both level 2 and 3 qualification and offers the perfect blend of theory and practice on every aspect of health and fitness clear concise and accessible the content is organised with the specific needs of student and newly qualified fitness professionals in mind it covers every aspect of the theory needed to work as a fitness instructor and places it in a practical context 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 the fitness instructor s handbook is the ideal book for both those new to the industry and experienced trainers

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