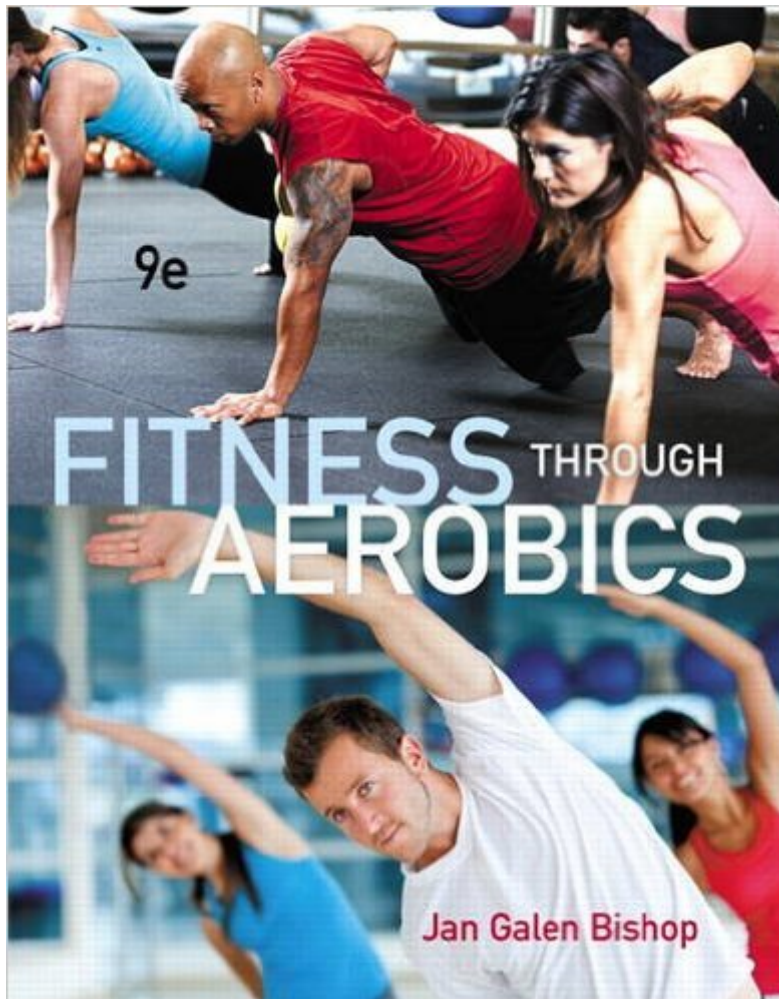


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Fitness Through Aerobics (9th Edition)



Synopsis

Reflecting current popular topics in group fitness, *Fitness Through Aerobics*, Ninth Edition covers a broad array of issues that speak to a wide range of aerobics instructors, and will engage students of every background and discipline. Bishop teaches steps and methodologies for performing all types of aerobic group exercises as well as strength and flexibility exercises that contribute to proper technique in a straightforward, accessible writing style. The Ninth Edition is completely updated with videos that demonstrate proper exercise technique, new coverage of the latest group exercise activities, and new photos.

Book Information

Paperback: 288 pages

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Product Dimensions: 8.4 x 0.7 x 10.7 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (10 customer reviews)

Best Sellers Rank: #441,819 in Books (See Top 100 in Books) #91 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #86217 in Books > Textbooks

Customer Reviews

If you had to own just one book on fitness, this would be an excellent choice. It covers the waterfront -- basic fitness concepts; clothing and equipment selection; flexibility exercises for warm-up and cool-down; resistance exercises for improved muscle tone; step aerobics and aerobic dance; exercise variants using weights, bands, stability balls; nutrition and weight control; injury prevention; even how to select an exercise facility and instructor. The content is based on the latest research in the field, and supplemented by helpful worksheets for key elements of a fitness program, such as determining your target heart rate and monitoring your fitness and cardiorespiratory performance status. There are excellent photos illustrating the exercises to do and, perhaps more important, the exercises to avoid. Before I got this book I was trying to cobble together my own fitness program from various web sites, and wondering why I was hurting most of the time. This book helped me enormously in putting together a more sensible fitness and weight-loss program that I have been able to sustain without injury.

I rented this book and it satisfied my expectation because it arrived at the expected delivery date. It is very reliable and I like that when it comes to purchasing/renting online!

This book is helpful in understanding the proper and different ways to work out; this book was used as the required textbook for my aerobic class. highly recommended!

Very good sender. Got my book in a reasonable amount of time for school. And it was exactly what the description said it would be! Very happy!

Book was in proper condition, shipped very fast, and the whole purchase went really smooth. Great book for beginners in aerobics.

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