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2. 2.5 hours a week of moderate intensity aerobic or 1 hour and 15 minutes of vigorous activity. 3. 5 hours a week of moderate intensity aerobic or 150 minutes a week of vigorous intensity aerobics. 4. Moderate or high intensity muscle strengthening involving all major muscle groups on 2 or more days a week.

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NETA 's The Fitness Professional 's Manual, 5th edition (2018) is an excellent resource to help prepare for the exam. In addition to studying the Manual, NETA also recommends completion of The Fitness Professional 's

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Workbook for Group Exercise Instructors (item #26), which includes a 50-question Group Exercise Instructor Practice Exam.

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This study guide answers the exact questions from the official ISSA study guide (their study guide does not answer the questions) that comes with the textbook. You can either start studying now before you purchase ISSA, or use it to double-check your own answers as you answer them yourself. ISSA Unit 1 – Metabolism

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Hey everyone and welcome to my ACE CPT study hub. This page includes a FREE ACE study guide (for the 5th Ed and new 6th edition textbook), ACE practice test (and answer key!), ACE CPT flashcards and a must watch video that talks about the top 10 secrets to passing the ACE CPT. I recommend that you bookmark this page. Also, make sure to check out the team over at Trainer Academy.

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ACE Group Fitness Instructor Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the ACE Group Fitness Instructor Exam. Not only does it provide a comprehensive guide to the ACE Group Fitness Instructor Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

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~~Primary Group Exercise Certification v4 Online Pages 1 - 50 ...~~

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I asked my friend who is a Group Fitness Department Head at my old gym, and she recommended AFAA or ACE. ... I followed the recommended outline and filled out the study guide. Immediately after I finished the study guide I took the practice test, then I went back through the many areas that I missed. I think I got a 66% or something horrendous ...

~~AFAA Group Exercise Certification Study Tips - Hungry Hobby~~

The E-course Includes: 14 video lectures. Primary Group Exercise Certification Study Guide. Sample multiple-choice test questions. 1 Multitraining Live study session. Monitored written and practical

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examinations. 1 year AFAA membership with magazine subscription. AFAA Certified Primary Group Exercise Instructor wall certificate and ID card.

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Flexibility for the groups: pectorals – open up your chest with arms out to the side. trapezius, rhomboids and/or latissimus dorsi – interlace your fingers and stretch your arms forward, palms out. deltoids (shoulders) – arm across chest for a shoulder stretch.

~~What To Expect The Day Of Your AFAA Primary Group Fitness ...~~

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Follow our simple 7 step guide to running a successful

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focus group event. Write down your goals; Define your target audience; Find a venue; Recruit participants; Design the questions; Moderate the group; Analyze; Reaching out to your customers doesn ' t have to be hard. Step 1. Write down your goals

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