



The Advanced Fitness Instructor s Handbook (Paperback)

By David Archer, Morc Coulson

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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