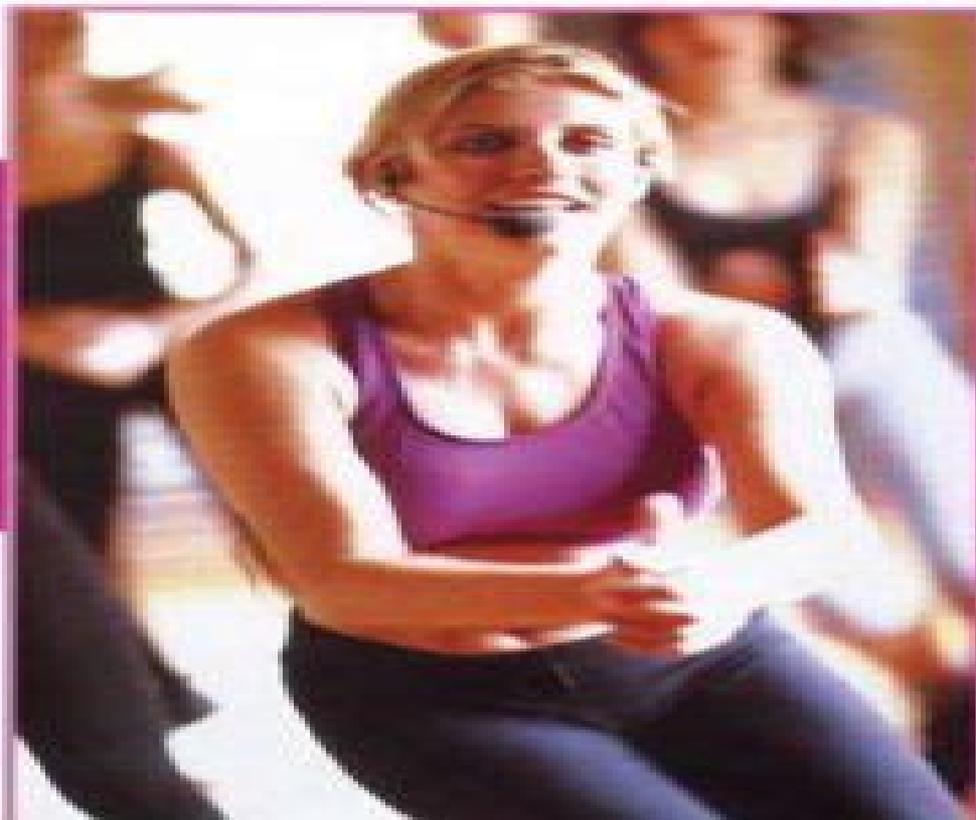


The Aerobics Instructor's Handbook

What to teach,
and how to
teach it
effectively

Compiled by
Nigel Champion
and Greg Hurst



Aerobics Instructors Handbook

Joacim Rocklöv



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