

# Group Fitness Study Guide

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### **Group Fitness Study Guide**

This study guide references the latest ACE Group Fitness Instructor Handbook presented in an easy to read format that helps to comprehend & retain the information. Organized in the following three performance domains: Domain I: Class Planning and Design - 32%

### **ACE Group Fitness Instructor Exam Prep: 2020 Edition Study ...**

Common Group Fitness Exercise Examples by Format Format  
Movement Prep Body of Workout Strength and Resistance •

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Kneeling hip flexor stretch • Lat stretch • Floor planks • Floor bridge • Single-leg squats • Squat to overhead press • Push-ups • Bent-over rows • Biceps curls • Lunge variations HIIT and Interval

### **The Human Movement System - Get AFAA Certified! Group ...**

Our Secrets of the ACE Group Fitness Instructor Exam study guide will teach you what you need to know, but our Study Skills bonus will show you HOW to use the information to be successful on the ACE Group Fitness Instructor Exam. The ability to learn faster will accelerate the progress you make as you study for the test.

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Explore Group Fitness Certification study programs and individual study materials that will help you best prepare for the exam and better serve classes. Price: \$749.00 \$549.00 Group Fitness Instructor Advantage Program. Price: \$599.00 \$449.00 Group Fitness Instructor Plus Program.

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guides for ACE and NASM. Learn More. CPT Practice Tests. CPT Practice Tests Learn More. CPT Practice Tests.

### **Free NASM Study Guides for 2020 - 99% Pass Rate | Fitness ...**

Basic components of a group fitness cla.... cardiorespiratory endurance. Follows a written script with music, cues, and moves all outli.... Follows guidelines and suggestions of what the class should in.... 1) Pre-class preparation... 2) Warm Up (5-10 mins)... 3) Conditionin....

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flashcards raise your score on the ACE test.

### **ACE Group Fitness Certification Practice Test (Review)**

AFAA Study Guide AFAA Flashcards The Aerobics and Fitness Association of America, or AFAA, Group Fitness Certification Exam is an assessment used to measure the test taker's knowledge and ability to perform adequately as a personal trainer.

### **AFAA Certification (updated 2020) AFAA Test Prep Tips**

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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## **FREE ACE Practice Test, Study Guide, & Cheat Sheet (2020)**

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.

## **Secrets of the ACE Group Fitness Instructor Exam Study**

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Study 44 AFFA Study Guide flashcards from Nikki V. on StudyBlue. AFFA Study Guide - Primary Group Fitness with Online at AFAA Personal Trainer Certification - StudyBlue Flashcards

## **AFFA Study Guide - Primary Group Fitness with Online at**

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This workshop focuses on the practical application of group fitness leadership techniques and allows you to practice your skills and develop confidence for leading a class. However, it is not required. Their online course includes the following: 14 on-line video lectures. Group Exercise downloadable study guide.

### **Tips For Passing The AFAA Group Exercise Certification ...**

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

**successfully prepare for the exam ... - Fitness Professionals**



## Read Free Group Fitness Study Guide

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. ACE Group Fitness Instructor Exam Secrets Study Guide includes:

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### **Group Exercise Instructor | ACSM Certification**

ACE group fitness study materials you will receive, and the test. By looking at ACE's website, you can see that they offer two separate study bundles for this certification. The cheapest and most standout study bundle cost \$299 ( check current price ). This includes the main textbook into separate booklets.

### **ACE Group Fitness Instructor Certification Review 2020**

ACE Group Fitness Instructor Study Guide. Mometrix Academy is a completely free resource provided by Mometrix Test Preparation. If you find benefit from our efforts here, check out our premium quality ACE Group Fitness Instructor study guide to take your studying to the next level. Just click the ACE Group Fitness Instructor study guide link below.

### **ACE Group Fitness Instructor Certification**

Components of Physical Activity and Fitness; Obtaining a NAFTA

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Group Exercise Instructor certification demonstrates to potential employers your commitment to the profession and is valid for two years from the date of issue. If you need help through the study process, NAFTA's knowledgeable staff are always available to help by phone or

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