

The Fitness Instructors Handbook A Complete Guide To Health And Fitness Fitness Professionals

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The Fitness Instructor's Handbook (Fitness Professionals ...

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ISBN: 9781472939043. Number of pages: 320. Weight: 834 g. Dimensions: 230 x 189 mm. New and updated, The Fitness Instructor's Handbook, 3rd edition is the essential guide for anyone working in, or wishing to enter, the fitness industry.

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