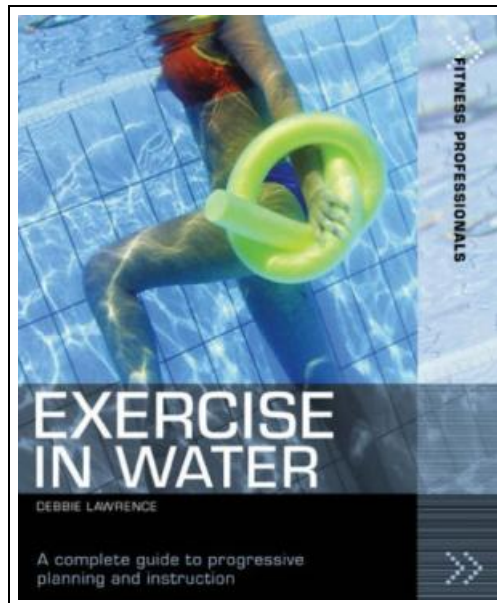


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Bloomsbury Publishing PLC, United Kingdom, 2008. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. Fitness Professionals: Exercise in Water (3rd edition) is a practical handbook for the regular exerciser who wishes to know more about the enormous benefits of training in water, and the fitness professional who seeks a thorough grounding in Level 2 and 3 knowledge. This new edition will completely update the book, taking into account latest best practice and explicitly linking the contents to the national standards to which all gym instructors and personal trainers are assessed. Exercise in Water is one of the core modules of the Level 2 gym instructors syllabus, and a new Level 3 qualification has been added in January 2008. This edition will cover all this knowledge, using revision notes and tests as useful tools for the readers study. Fitness Professionals: Exercise in Water therefore aims to become the reference on this discipline for everyone involved in the health and fitness industry.



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