

# Acsms Resources For The Group Exercise Instructor

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## **ACSM s Resources for the Group Exercise Instructor**

November 23rd, 2018 - ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise You'll learn how to take advantage of group dynamics to improve health and well being

## **ACSM s Resources for the Personal Trainer 5e plus PrepU**

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