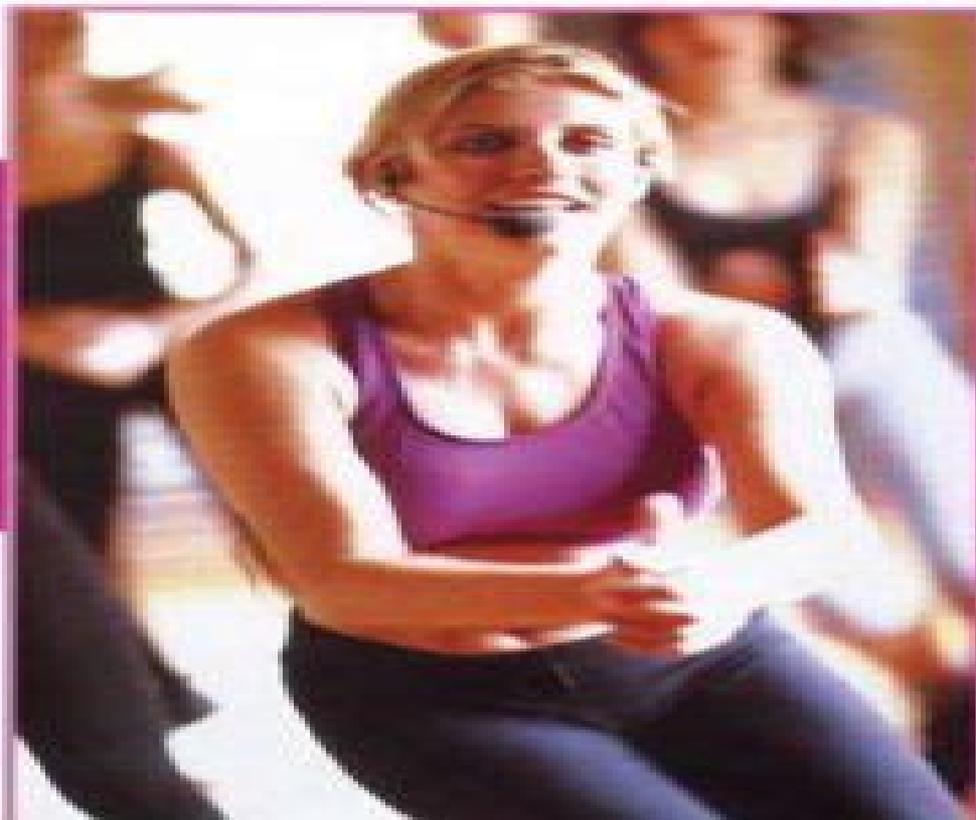


# The Aerobics Instructor's Handbook

What to teach,  
and how to  
teach it  
effectively

Compiled by  
Nigel Champion  
and Greg Hurst



# Aerobics Instructors Handbook

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