

Group Fitness Study Guide

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2. 2.5 hours a week of moderate intensity aerobic or 1 hour and 15 minutes of vigorous activity. 3. 5 hours a week of moderate intensity aerobic or 150 minutes a week of vigorous intensity aerobics. 4. Moderate or high intensity muscle strengthening involving all major muscle groups on 2 or more days a week.

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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~~

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~~Primary Group Exercise Certification v4 Online Pages 1 - 50 ...~~

I asked my friend who is a Group Fitness Department Head at my old gym, and she recommended AFAA or ACE. ... I followed the recommended outline and filled out the study guide. Immediately after I finished the study guide I took the practice test, then I went back through the many areas that I missed. I think I got a 66% or something horrendous ...

~~AFAA Group Exercise Certification Study Tips - Hungry Hobby~~

The E-course Includes: 14 video lectures. Primary Group Exercise Certification Study Guide. Sample multiple-choice test questions. 1 Multitraining Live study session. Monitored written and practical examinations. 1 year AFAA membership with magazine subscription. AFAA Certified Primary Group Exercise Instructor wall certificate and ID card.

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Flexibility for the groups: pectorals □ open up your chest with arms out to the side. trapezius, rhomboids and/or latissimus dorsi □ interlace your fingers and stretch your arms forward, palms out. deltoids (shoulders) □ arm across chest for a shoulder stretch.

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~~What To Expect The Day Of Your AFAA Primary Group Fitness ...~~

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