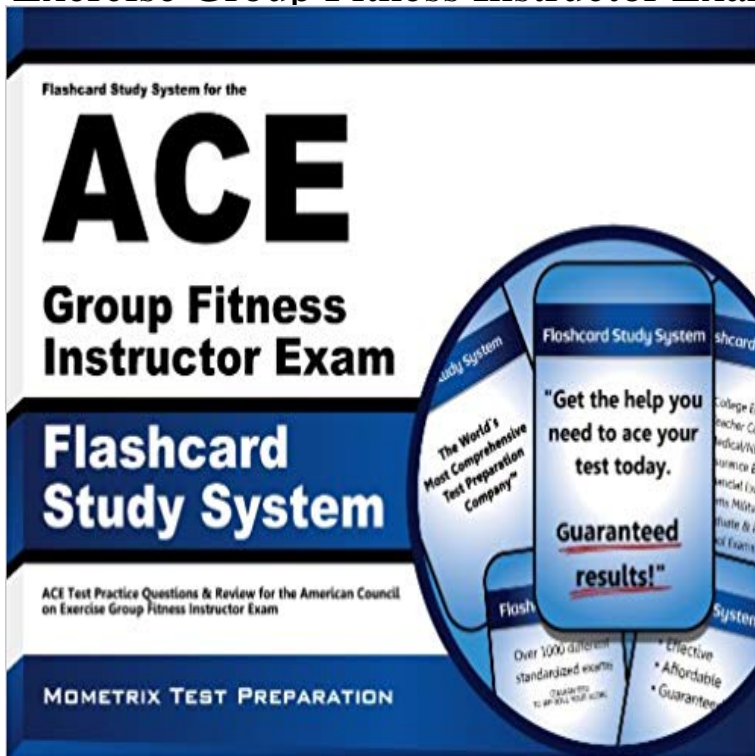


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Flashcard Study System for the ACE Group Fitness Instructor Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American Council on Exercise Group Fitness Instructor Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the ACE Group Fitness Instructor Exam covers: Cardio-respiratory Conditioning, Exercise Programming, Muscular Strength and Endurance, Progression and Intensity, Medical Conditions, Pregnant and Postpartum Women, Modifications for Senior Citizens, Proper Posture, Body Mass Index Test, Bioelectrical Impedance, Target Heart Rate, Dyspnea Scale, The Talk Test Method, Basic Standing Stretches, Techniques for Monitoring Heart Rate, Basic Exercise Class Format, Participants with Disabilities, Instructional Techniques, Systematic Class Design, Goals, Plantar Fasciitis, Rotator Cuff Strain, Anterior Shoulder Instability, Lateral Epicondylitis, Music in an Exercise Class, Teaching Techniques, Emergency Plan, Choreographic Methods, Alignment Cues, Factors that Affect Exercise Adherence, Developing Group Camaraderie, Participants with Arthritis, Body Image, Professional Responsibility, Negligence in the Fitness Setting, Assumption-of-Risk Documents, Fitness Professionals Liability, Neurological, Proprioceptive, and Kinesthetic, Awareness, Muscular Contractions, Flexibility Exercises, Cardiac Output, Ventilation and Respiration, Aerobic Capacity, Muscular Atrophy,

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