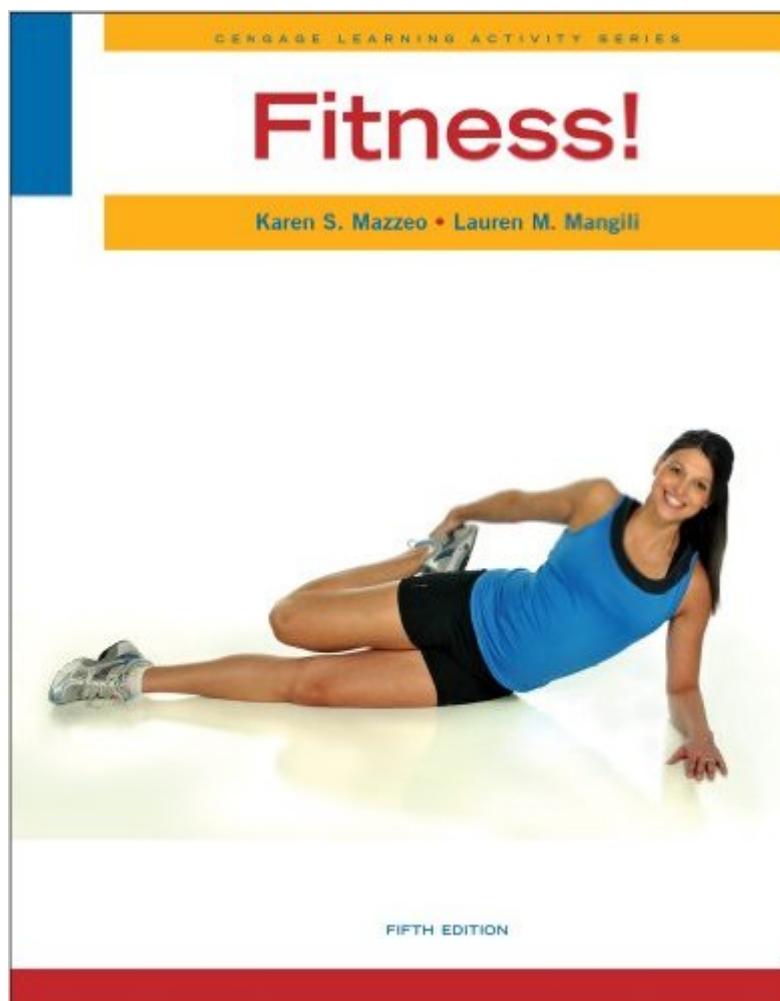


The book was found

Fitness! (Cengage Learning Activity)



Synopsis

Reach your fitness goals with FITNESS THROUGH AEROBICS, STEP TRAINING, AND WALKING. It covers the principles and techniques of aerobic dance exercise, step training, and fitness walking. With this innovative book, you will be able to structure a complete physical and mental training program that can work for a lifetime!

Book Information

Series: Cengage Learning Activity

Paperback: 272 pages

Publisher: Cengage Learning; 5 edition (February 3, 2012)

Language: English

ISBN-10: 0840048092

ISBN-13: 978-0840048097

Product Dimensions: 0.5 x 8.2 x 10.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #712,484 in Books (See Top 100 in Books) #110 inÂ Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #122 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #155 inÂ Books > Medical Books > Nursing > Medical Nutrition

Customer Reviews

The book was whole but on the back it was sliced in half, kinda made it hard to keep it all together.

good book. Liked the content and using it in my school. Thanks and I do recomend it to UNC students.

My granddaughter needed this book for class and was really impressed to get this book at such a good price. I have never used before, but I will be using it again.

[Download to continue reading...](#)

Fitness! (Cengage Learning Activity) Walking for Fun and Fitness (Cengage Learning Activity) Learning: 25 Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam

Preparation) Right Down Your Alley: The Complete Book of Bowling (Cengage Learning Activity) Beginning Racquetball (Cengage Learning Activity) Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Ramadan and Fasting Activity Book (Discover Islam Sticker Activity Books) Amazing Minecraft Math: Cool Math Activity Book for Minecrafters (Minecraft Activity Books) (Volume 1) Minecraft Labyrinth : Math Activity Book and Coloring Book For Kids : Unique Labyrinths, Geometric Labyrinths and Math Labyrinths: (Unofficial ... (Unique Activity Book) (Volume 2) Occupation-Based Activity Analysis (Thomas, Occupation-Based Activity Analysis) Harcourt Health & Fitness: Activity Book Grade K Harcourt Health & Fitness: Activity Book Grade 4 American Heart Association Fitting in Fitness: Hundreds of Simple Ways to Put More Physical Activity into Your Life Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books) FOCUS on Community College Success (Cengage Learning's FOCUS Series) Head, Neck and Dental Anatomy 3rd (third) Edition by Short, Marjorie J. published by Cengage Learning (2002) Paperback Nursing Assistant: A Nursing Process Approach by Hegner, Barbara Published by Cengage Learning 10th (tenth) edition (2007) Paperback Empowerment Series: The Skills of Helping Individuals, Families, Groups, and Communities (Cengage Learning Empowerment Series) Chemistry in Focus A Molecular View of Our World by Tro, Nivaldo J. [Cengage Learning,2012] [Paperback] 5TH EDITION

[Dmca](#)