

Aerobics: Theory and Practice



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In this lesson, you'll learn about the characteristics of aerobic exercise and its many health benefits. Plus, get practice tests, quizzes, and personalized coaching to help you succeed. .. Go to Social Psychology Theories.
Aerobics: theory & practice. Author: Cooper, Phyllis Gorney, Publication Information: Sherman Oaks, CA: Aerobics and Fitness Association of America. Aerobic exercise (also known as cardio) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. Aerobic. Read Aerobics Theory And Practice Study Guide online. Personal Fitness Training: Theory & Practice [Aerobics and Fitness Association of America] on. See all books authored by Aerobics and Fitness Association of America, including and Aerobics Theory and Practice Study Guide, and more on evolutivmedias.com
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