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Tips For Passing The AFAA Group Exercise Certification ...

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practice test, but then I knew what to study. ... Know AFAA 5 Questions WORD FOR WORD; know the high-risk exercises and how to modify them; For the practical: There are ...

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The Human Movement System - AFAA

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With this perspective in mind, AFAA has created the AFAA 5 Questions™ as a resource for instructors. AFAA 5 Questions™ 1. What is the purpose of this exercise? Consider: muscular strength or endurance, cardiorespiratory conditioning, flexibility, warm-up or activity preparation, skill development, and stress reduction 2.

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...

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