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## AEROBICS TUTORIAL(CHINESE EDITION)



paperback. Book Condition: New. Language:Chinese.Pub Date: 2014-09-01 Pages: 118 Publisher: University Press' aerobics course in school characteristics of higher vocational colleges as a guide to lifelong physical. health sports as the goal. with a theoretical. scientific. and practical sex and age characteristics. The book is divided into two modules. a total of nine chapters. Aerobics includes basic knowledge and skills chapter six chapters: Overview Aerobics. aerobics terminology and basic moves. aerobics routine basis. .

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