



Keep Moving!: It's Aerobic Dance

Esther Pryor, Minda Goodman Kraines, Minda Goodman Kraines


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This popular text includes plentiful illustrations that help to explain the basic movements of step and floor aerobics. Additionally, the text offers information and suggestions on mastering difficult movements and avoiding incorrect positions and injury. Useful appendices and worksheets help students apply concepts discussed in the text.

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