



Aerobics(Chinese Edition)

By GUANG XI KE CHENG JIAO CAI FA ZHAN ZHONG XIN ZU ZHI

paperback. Book Condition: New. Language:Chinese.Pages Number: 150 Publisher: Guangxi Normal University Press Pub. Date :2006-08. The book includes an overview of aerobics . aerobics and fitness science. teaching aerobics. aerobics compose. race and enjoy aerobics. calisthenics and campus culture. the basic aerobics moves combined. Contents: Chapter Overview Section aerobics aerobics origin. development and concept features Aerobics II and III classification function Aerobics Aerobics Chapter II Section and scientific fitne.



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