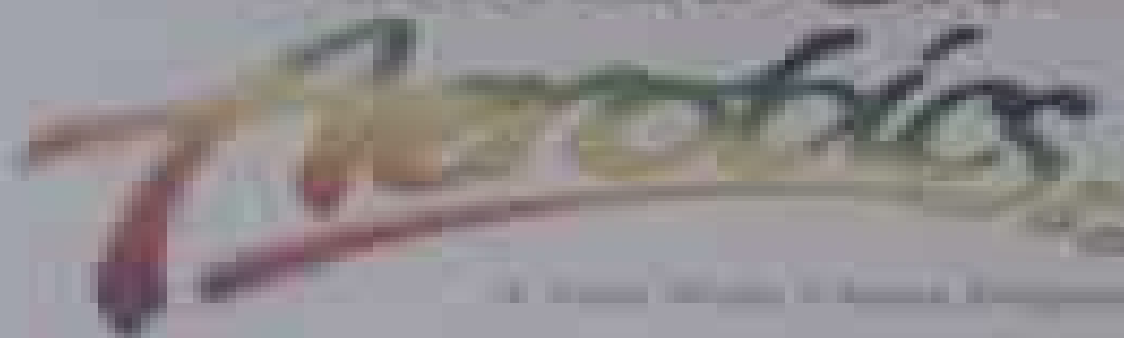


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body movements listed to counts of the music Recommended music speed and style Estimated effort or intensity Suggested warm up and cool down activity Helpful tips and comments Part III shows how workouts can be organized into a structured program including guidelines for choosing the right workouts and for training in general Participants can use the book's sample workouts or create their own programs using a combination of workouts from part II In addition the book provides information on how to work toward fitness goals and chart your training progress A special glossary illustrates how to perform 50 aerobics moves No matter what your fitness level or goals the workouts in *Fitness Aerobics* will help you look and feel great

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