



Textbook Errata Notice

We strive to provide accurate and high-quality educational materials. However, despite our best efforts, errors can occasionally occur. This document lists corrections for AFAA's Principles of Group Fitness Instruction, 3rd Edition.

Please refer to the following corrections to ensure you have the most accurate information. If you have any questions or discover additional errors, please contact us at nasmcares@nasm.org.

Thank you for your attention and continued support.

Issue Corrected	Textbook Page
Updated Table 5.2 to list exercises rather than repeat muscle names.	89
Replaced "repletion" with "repetition."	93
Updated cardiorespiratory system graphic (Figure 5.11) to correct spelling of jugular, inferior vena cava, external iliac, and posterior iliac artery	104
Corrected Table 14.2 in External Factors, temperature to "Hot conditions can cause heart rate to increase" and "Cold conditions can decrease the heart rate."	321
Replaced "nass" with "mass" in Pimenta reference	141