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# Acsm Resources For The Exercise Physiologist Study Kit Package

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124 ACSM's Resources for the Certified Exercise Physiologist † [www.acsm.org](http://www.acsm.org) Some of the reasons for increased female flexibility include smaller muscles and wider hips ( 60 ) and differences in hormonal levels ( 83 ).

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ACSM's Resources for the Group Exercise Instructor gives you the knowledge and the skills you need to effectively lead group exercise. You'll learn how to take advantage of group dynamics to improve health and well-being. You'll also discover how to work with clients with special needs, so that everyone can safely benefit from group exercise.

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