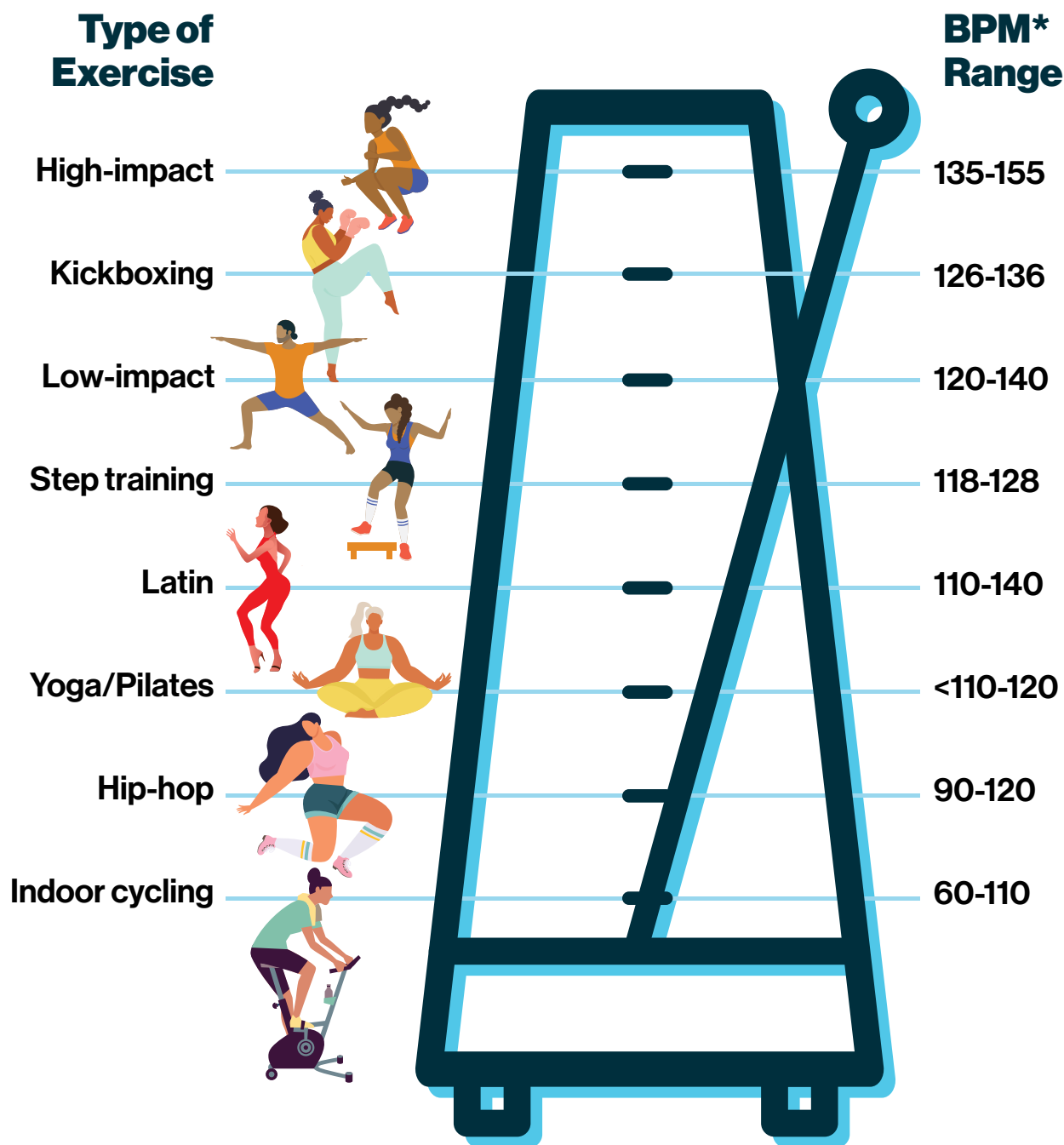


Music Tempo Guidelines for Exercise



*Music tempo is measured in beats per minute (BPM).

American College of Sports Medicine. *ACSM's Resources for the Group Exercise Instructor*, second edition. Wolters Kluwer, 2022.



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