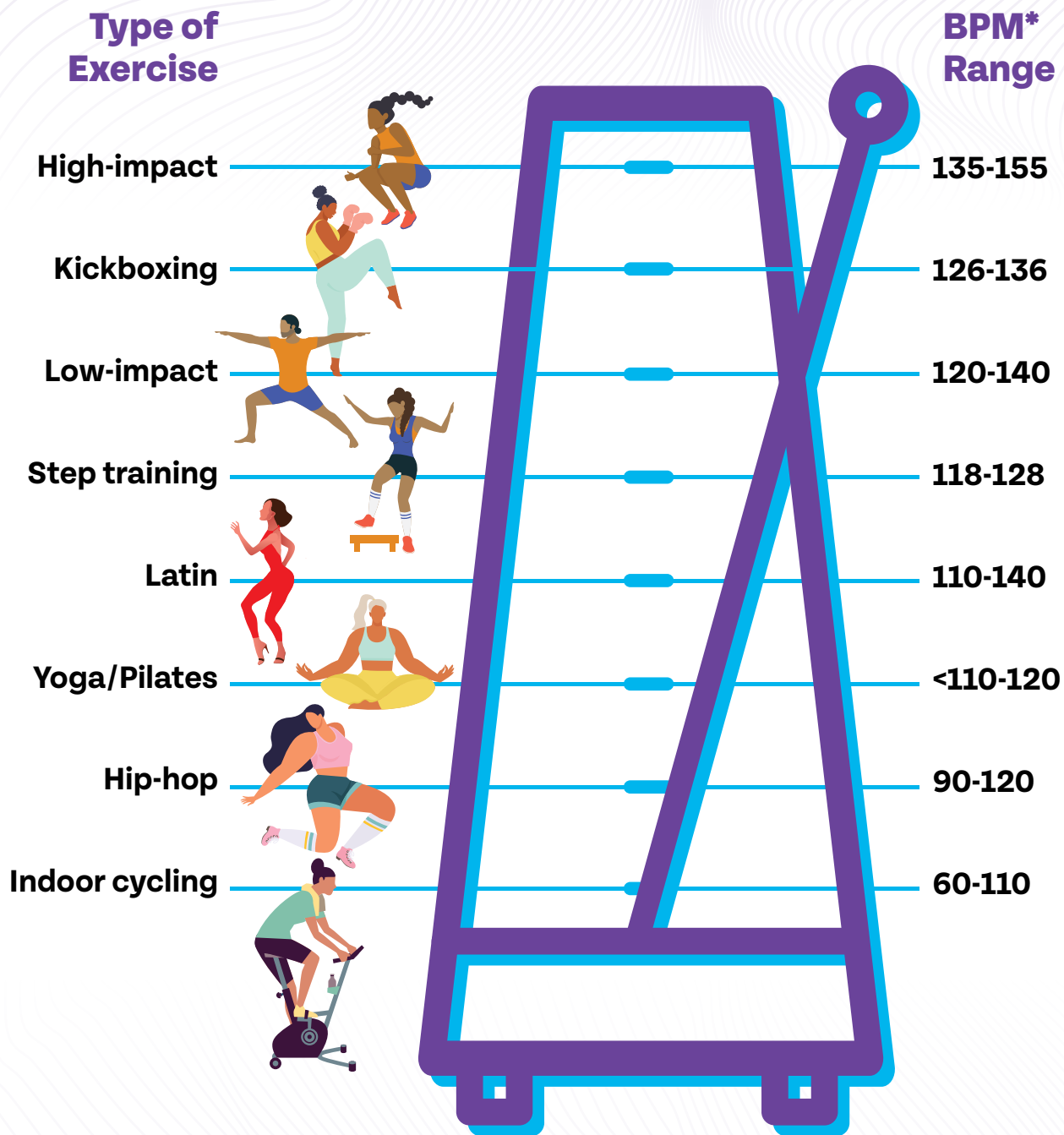


Music Tempo Guidelines for Exercise



*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.