



By Dr. Telly Kamelia

If you only need the buying answer

The current listing for **ACSM's Resources for the Group Exercise Instructor** is far below the sampled international retail references, but this is another package case where the raw price is not the whole story. If the course genuinely expects the combined print-and-digital package this ISBN represents, the current listing looks materially lower than the broader market. If the course expects a different configuration, then the price advantage becomes less relevant than the package requirement itself.

Format	Source	Price	
Current package listing	Merybook	\$61.87	Check price
International retail reference	Broader market	From \$148.59	Check price

So this is not a normal print-versus-digital judgment page. It is really a compatibility question. A low package price is only useful if the package itself matches the course requirement.

What this book actually teaches

A group-exercise instructor resource matters because it supports programming, class leadership, safety, cueing, participant management, and the professional habits needed in fitness instruction. Books in this area often become useful in certification prep, teaching practice, and later professional work.

That can make ownership or packaged access worthwhile. But with a courseware-linked ISBN, the most important issue is not abstract format preference. It is whether the listing actually satisfies what the class expects.

What to verify before buying

Only buy the current listing if your course accepts the exact package it represents. If the instructor expects a different package, access code, or platform version, the cheapest visible number stops being useful. Here, the syllabus matters more than a simple market comparison.

Sources checked

- [Merybook package listing search](#)
- [General market search for ISBN 9781975229696](#)