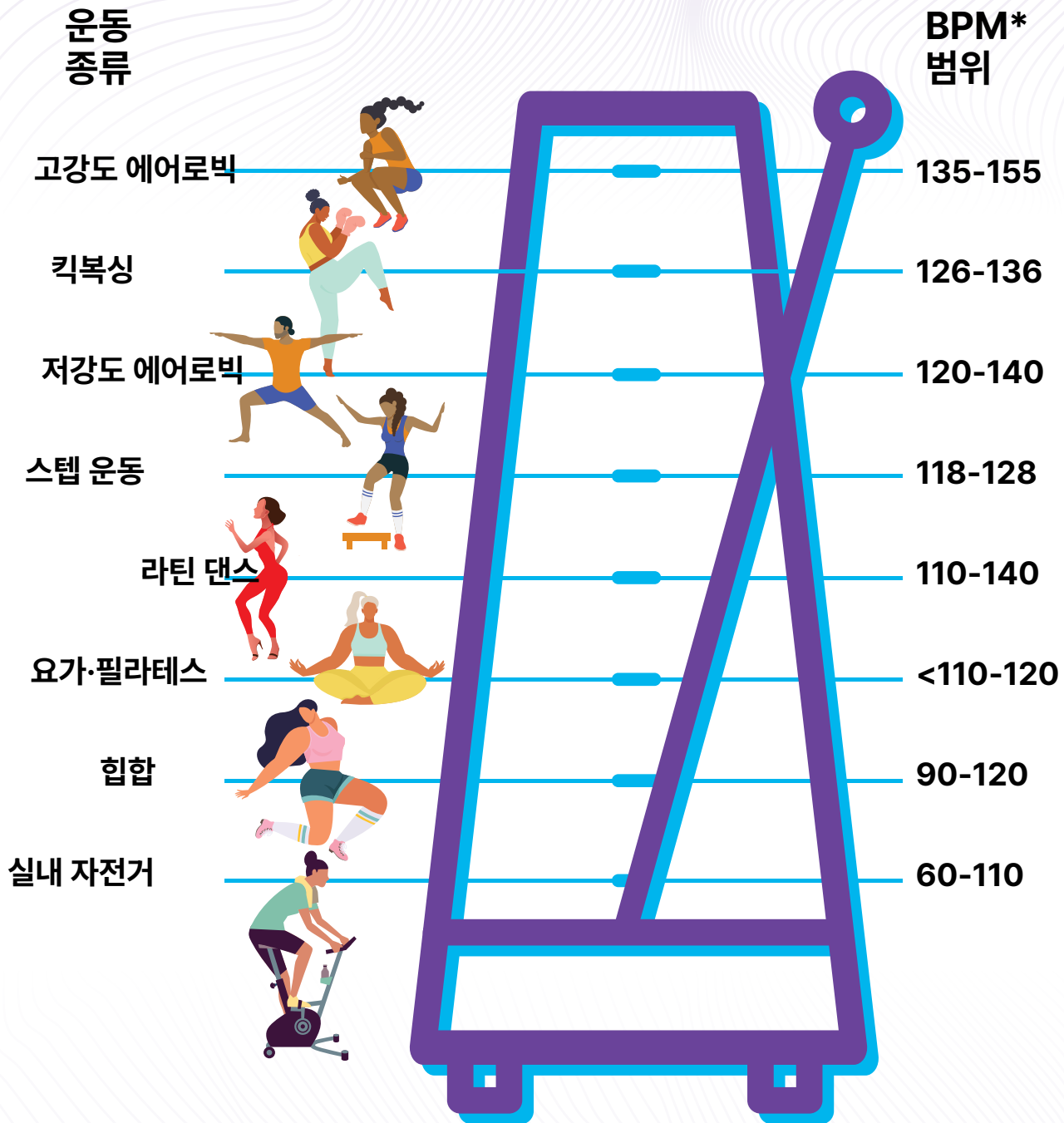


운동할 때 음악 템포 기준



*음악 템포는 분당 박자 수(BPM)로 나타냅니다.

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