

Make The Pool Your Gym: No-impact Water Workouts For Getting Fit, Building Strength And Rehabbing From Injury - Karl Knopf

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STEP INTO THE NON-IMPACT, TOTAL-BODY BENEFITS OF WATER EXERCISE Once used primarily for rehabilitation, water exercise has been proven to build strength, improve cardiovascular fitness and burn calories all without the strain and trauma of land-based activities. This flexible training tool can help you: Improve muscular strength Increase flexibility Enhance cardiovascular fitness Alleviate pain Rehabilitate injuries With step-by-step instructions and clear photos, Make the Pool Your Gym shows how to create the effective and efficient workout best suited to your needs. Whether youre a non-swimmer, an elite athlete or someone with a chronic condition, you can make a splash in your fitness level without even getting your hair wet. Author: Knopf, Karl Publisher: Ulysses Press Illustration: N Language: ENG Title: Make the Pool Your Gym: No-Impact Water Workouts for Getting Fit, Building Strength and Rehabbing from Injury Pages: 00144 (Encrypted EPUB) / 00144 (Encrypted PDF) On Sale: 2012-02-07 SKU-13/ISBN: 9781612430140 Category: Health & Fitness : Exercise

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