Product Description
Have fun, get fit, and stay healthy with *Fantastic Water Workouts*.

With more than 130 exercises that use the natural resistance of water, you will improve your body’s composition and tone, strengthen muscles, increase aerobic and muscular endurance, and improve flexibility, coordination, and agility—all with minimal stress on your body.

In addition to the unique and creative individual exercises, *Fantastic Water Workouts* includes 14 step-by-step programs that can be tailored to your personal needs, interests, and fitness goals.

Whether you’re seeking general programs for overall fitness, cross-training, and improved performance or more specific routines for pregnancy, physical rehabilitation, cardiac recovery, or older adults, it’s all here. You can even add variety to your program by trying the tai chi, Pilates, yoga, kickboxing, country line dancing, street dancing, and noodle workouts.

Jump into *Fantastic Water Workouts* and discover the complete water workout guide.

Contents

Chapter 1. Improving Fitness With Water Exercises
Chapter 2. Preparing for Water Workouts
Chapter 3. Understanding the Phases of a Water Workout
Chapter 4. Warming Up and Cooling Down
Chapter 5. Benefiting From Aerobic Moves
Chapter 6. Strengthening and Toning
Chapter 7. Intensifying Workouts
Chapter 8. Creating a Personal Water Workout
Chapter 9. Adding Splash to Workouts
Chapter 10. Specializing Workouts for Special Needs