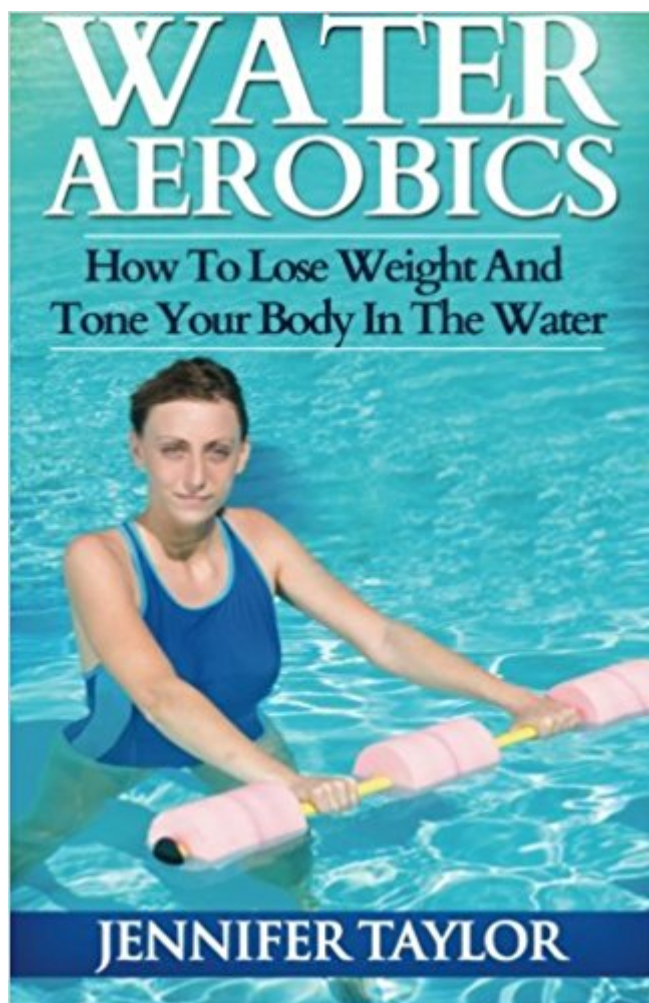


The book was found

Water Aerobics - How To Lose Weight And Tone Your Body In The Water



Synopsis

Never Before Has Losing Weight And Looking Good Been So Incredibly Easy. Give Yourself a Healthy, Enjoyable Lifestyle That Everyone Dreams Of With These Pool Exercises. One thing I can assure you that water aerobics is great at is being accessible to anyone and everyone. In order to allow you to get the most out of these water exercises, it has been designed carefully with regards to its ease of usage. You can jump right in and immediately start seeing the results that you want. Do you want to burn fat without having to sweat? Or get toned without having to lift weights? Or even just return to normal health without the need of prescription medication? If so, water aerobics is the PERFECT solution for you. Walk or jump in the pool, burn some calories, and have a whole lot of FUN. You might break a sweat, but you won't know it. You will perform resistance training and cardio training exercises, and you will ENJOY doing them. You won't quit - why? The same reason why so many people keep doing Zumba every single week: It's FUN and IT WORKS all at the same time!

The Ultimate In Pool Fitness, this Water Workout is the Best Way to Lose Weight and Keep It Off "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" contains the following:

- *The Benefits of Water Aerobics - how you can improve strength, endurance, flexibility, and cardiovascular health. How you can decrease pain, risk of injury, and impact on the joints. How you can improve your posture, quality of sleep, and life. Or treat Parkinson's, Multiple Sclerosis, and Rheumatoid Arthritis & More!
- *How to Ensure Your Safety Prior to Performing Any Aqua Aerobics - For you, water aerobics is still new and that can be scary. From preparing for your first visit, to warming up and completing the exercises properly, you will get to learn exactly what you need to know, do, and expect to be ready for your first class. You don't need to feel embarrassed. Everybody has their own first time. However, you CAN prepare yourself so that you are calm and confident.
- *The Equipment You Will Need To Perform Water Aerobics - One of the biggest fears in water aerobics comes from uncertainty. Many are not sure how to perform the exercises. The reality is that it comes down to knowing how to use the equipment. If you know how all the equipment works, you're GOLD!
- *Water Exercises That Concentrate on Toning Your Upper Body and Lower Body, And That Provide You With An Excellent Cardio Workout To Burn Off Those Calories - There are many water aerobic exercises, but some are better than others. Find out which are the best and most popular and learn how to do them. Equipped with illustrations of each exercise, "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" will make sure you know: 1. How to perform the best UPPER body exercises 2. How to perform the best LOWER body exercises 3. How to perform the best CARDIO exercises, so when you get in the water, there will be NO SURPRISES!
- *How To Make a Water Aerobics Workout

Plan - You get to learn all the fundamentals, then how to apply them. Find out what is needed in a GOOD water aerobics workout program. Create a plan of your own so you can work out with or without a class. By the time you're done reading "Water Aerobics - How To Lose Weight And Tone Your Body In The Water", you could even teach the class! Create your very own Pool Gym. Nothing could be easier than getting started with these fantastic aqua aerobic exercises right now. Jam packed with pool exercises, "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" is my pride and joy. Every inch of it oozes with the potential for helping out both aqua aerobic beginners as well as more experienced people. Take this one piece of advice even if you don't any others: "Water Aerobics - How To Lose Weight And Tone Your Body In The Water" is one of a kind and cannot even be compared to anything else.

Book Information

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Customer Reviews

The book was of great use to me. As I am disabled and can not do regular exercise I needed something that would help me and this was exactly what I needed.

I haven't done water aerobics in a while but got this book for my Dad who has an injured shoulder and bad knees from hockey. He can only do certain things as far as exercise goes and can't lift weights like I can any more. Pretty good read but not as detailed as it should be and more for older folks!

This book has given me a lot of good ideas for exercising in the pool. Recommend to anyone who like to exercise in a pool and needs some ideas.

This book on water aerobics has confirmed my idea that exercising in the water is a very effective, easy and safe way of burning calories, with far less impact on the joints than running for instance. And the non-sweating part is appealing as well. Having read this book I might try some Zumba classes!

Nice little book. Have been doing water exercises for years. Confirmed what I already believed about the advantages of water for people with joint issues.

Water Aerobics was a very interesting read! I'm an Ex-Personal trainer and I'd say that the book flowed in a very logical manner. What I liked about the book is how the author really focused upon how safe water aerobics is and a lot less damaging to your joints. That's big because traditional exercises especially those where you have to run and jump can cause jarring of your joints and puts you at risk for developing problems. I also like the fact that water aerobics is a great alternative for those affected by medical conditions such as Parkinson's disease, Multiple Sclerosis and so on. I learned about the different water exercise equipment. The only thing that I'd recommend to the author is to include a picture that shows the starting and ending points for all of the exercises and not just for some. Overall Water Aerobics is a fantastic primer book that will teach you the fundamentals of exercising in water to lose weight. If you're new to water aerobics, then I recommend that you purchase this Kindle book.

i had recently injured my ankles so i wasnt able to continue my workout routine . i found the book is very helpful and just down to the points that you need. yet fun to read .i recommend this book to everyone want to lose weight in the water :)

If you want to exercise in the pool and have no clue where to start, this book will help you get started. I already work out in the pool and got this book so I could get some ideas on what I could do to expand my work out.

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