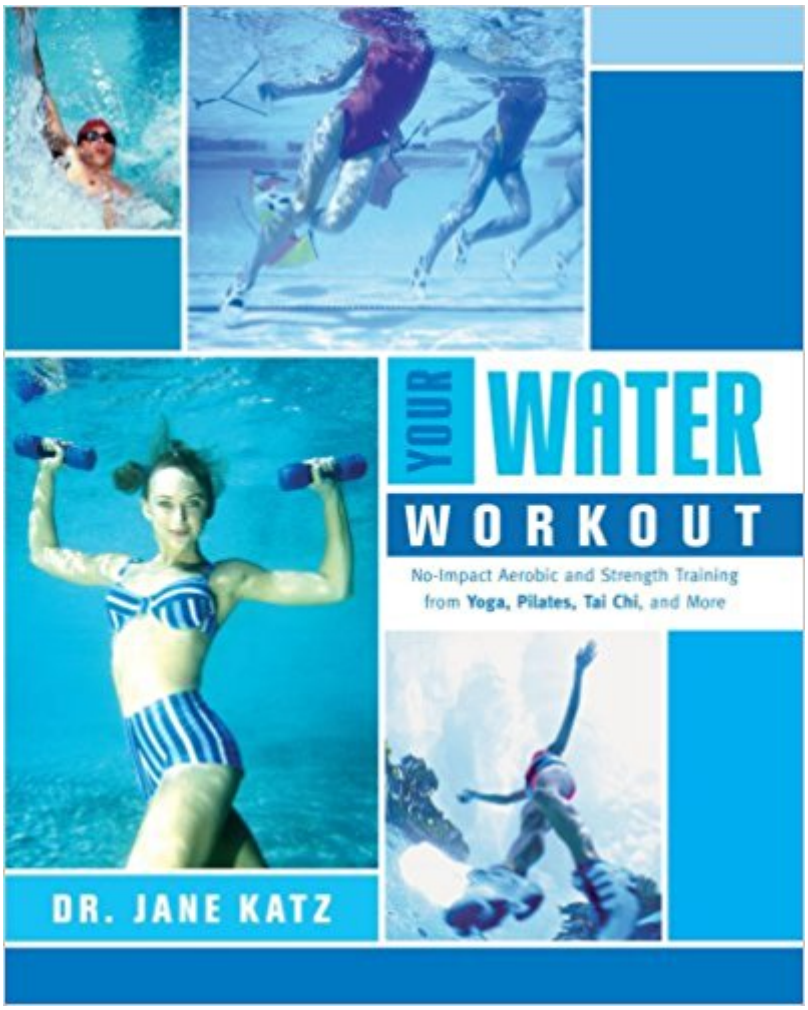
Ebook Directory
the best source of ebook

The book was found

Your Water Workout: No-Impact Aerobic And Strength Training From Yoga, Pilates, Tai Chi, And More



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Take your workout to the water!Possibly the worldÃ¢â ¬â„¢s perfect exercise, water workouts provide a highly-effective, low-impact way to burn calories, build muscle, improve flexibility, and have some fun. International Swimming Hall of Fame board member and world masters champion Jane Katz uses a holistic approach to lead you to total body fitness, offering soothing and strengthening programs of exercises drawn from yoga, Pilates, tai chi, and popular land sports like skiing and golf. There are also high-intensity challenges and instructions for deep-water running and cross-training for athletes. Each exercise is accompanied by a simple drawing and step-by-step instructions for doing the move correctly. Programs for twenty-, thirty- and forty-five-minute workouts, including breathing exercises, warm ups and cool downs, are laid out to make it easy to dive right in. Individual exercises can also be combined to make a complete workout that is right for you.Dr. Katz uses toys and accessories, from old-fashioned kickboards to flashy fins, to make every workout seem like play. Full of suggestions to keep your program exciting and fresh, Your Water Workout is a complete guide to working out in the water for lifelong fitness.

Book Information

Paperback: 208 pages

Publisher: Harmony; 1 edition (June 10, 2003)

Language: English

ISBN-10: 0767914821

ISBN-13: 978-0767914826

Product Dimensions: 7.4 x 0.4 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 24 customer reviews

Best Sellers Rank: #274,899 in Books (See Top 100 in Books) #42 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates #57 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #96 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong

Customer Reviews

Take your workout to the water! Possibly the world’s perfect exercise, water workouts provide a highly-effective, low-impact way to burn calories, build muscle, improve flexibility, and have some fun. International Swimming Hall of Fame board member and world masters champion Jane Katz uses a holistic approach to lead you to total body fitness, offering soothing and strengthening

programs of exercises drawn from yoga, Pilates, tai chi, and popular land sports like skiing and golf. There are also high-intensity challenges and instructions for deep-water running and cross-training for athletes. Each exercise is accompanied by a simple drawing and step-by-step instructions for doing the move correctly. Programs for twenty-, thirty- and forty-five-minute workouts, including breathing exercises, warm ups and cool downs, are laid out to make it easy to dive right in. Individual exercises can also be combined to make a complete workout that is right for you. Dr. Katz uses toys and accessories, from old-fashioned kickboards to flashy fins, to make every workout seem like play. Full of suggestions to keep your program exciting and fresh, "Aqua Fit is a complete guide to working out in the water for lifelong fitness. AQUAFIT is a registered trademark of Luye Lui and used under License.

A swimming instructor at the City University of New York for nearly forty years, Dr. JANE KATZ is a world master synchronized and competitive swimming champion. She is also on the board of directors for the International Swimming Hall of Fame and the author of Swimming for Total Fitness (Main Street, 1993). She lives in New York City.

Ok, but pretty much same old exercises

It has some good exercises, but the photos and their quality could be much better.

As someone who has physical limitations because of medical issues I have been working out in a shallow pool for many years. I have tried numerous types of fitness programs which can be done in a pool. Some of these include swimming, water running, jogging, high rep routines, karate aerobics, boxing aerobics, a Tabata workout, Tai Chi, Qigong, Yoga and other programs. I recently picked up this interesting soft cover book (Your Water Workout: No-Impact aerobics and strength training from Yoga, Pilates, Tai Chi, and more by Dr. Jane Katz).This workbook size text is organized into two parts. The introduction covers exercises, workouts and getting started. The first part focuses on holistic water exercises such as breathing exercises, water Yoga, water Pilates, water Tai Chi and spaah relaxation. The second part of this book deals with training, prescriptive workouts and more. This section covers deep-water exercises, sports cross training, prescriptive workouts, focused workouts and family workouts.As someone who knows the value of water workouts I found this book to be informative and interesting. If you have access to a pool you should check out this book on the many types of exercise programs you can do in a pool.Rating: 4 Stars. Joseph J. Truncale (Author:

Pro-Systems Combatives Vol. 1,2).

I teach aqua strength and aerobic classes. I was looking for some moves low or no-impact moves to integrate into my program as my students include seniors who have had joint replacements and have back and spine issues. This book did not disappoint. The clear line-drawings are very clear and it is easy to understand each movement. Heart rate is emphasized and so is deep, rhythmic breathing which is essential with Yoga, Pilates, and Tai Chi.

This is the one of the first water exercise books I have purchased. I teach water aerobics, and found this book to be full of great ideas for my students. Very glad I purchased this book.

I'm afraid I was disappointed in this book. I was looking for something with more illustrated exercises, perhaps using noodles. I think this book is a little outdated.

great selection of exercises, awesome information on water aerobics and it's benefit to those in need of therapy, arthritic relief, or just in need of a good workout with low impact. cannot wait to actually teach some of these next summer!

the book arrived in good time and was in good shape. the contento its interesting and has some good ideas about the subject.its good. its not great but i did not regret to buy it. i like.

Download to continue reading...

Your Water Workout: No-Impact Aerobic and Strength Training From Yoga, Pilates, Tai Chi, and More Tai Chi: Tai Chi for Beginners - Your Guide to Achieving Inner Peace, Mental, and Physical Balance (TAI CHI for BEGINNERS): Tai Chi (Martial Arts, Alternative ... Living, Baha'i, Religion and Spirituality) Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Therapeutic Tai Chi: My Journey with Multiple Sclerosis My Path with Tai Chi E Tai Chi (The Complete Book): The World's Simplest Tai Chi Tai Chi Qigong: The Internal Foundation of Tai Chi Chuan Stickman Yang Style Tai Chi - 24 Movement Form: Really Simplified Tai Chi Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! Tai Chi Demystified: 6 Must Have Concepts to make Tai Chi Internal Strength Training Anatomy Workout II, The (The Strength Training

Anatomy Workout) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Pure Water: The Science of Water, Waves, Water Pollution, Water Treatment, Water Therapy and Water Ecology Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics)

Contact Us

DMCA

Privacy

FAQ & Help