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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 you're 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.

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