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



Synopsis

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, *Your Water Workout* is a complete guide to working out in the water for lifelong fitness.

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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 content is interesting and has some good ideas about the subject. it's good. it's not great but i did not regret to buy it. i like.

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