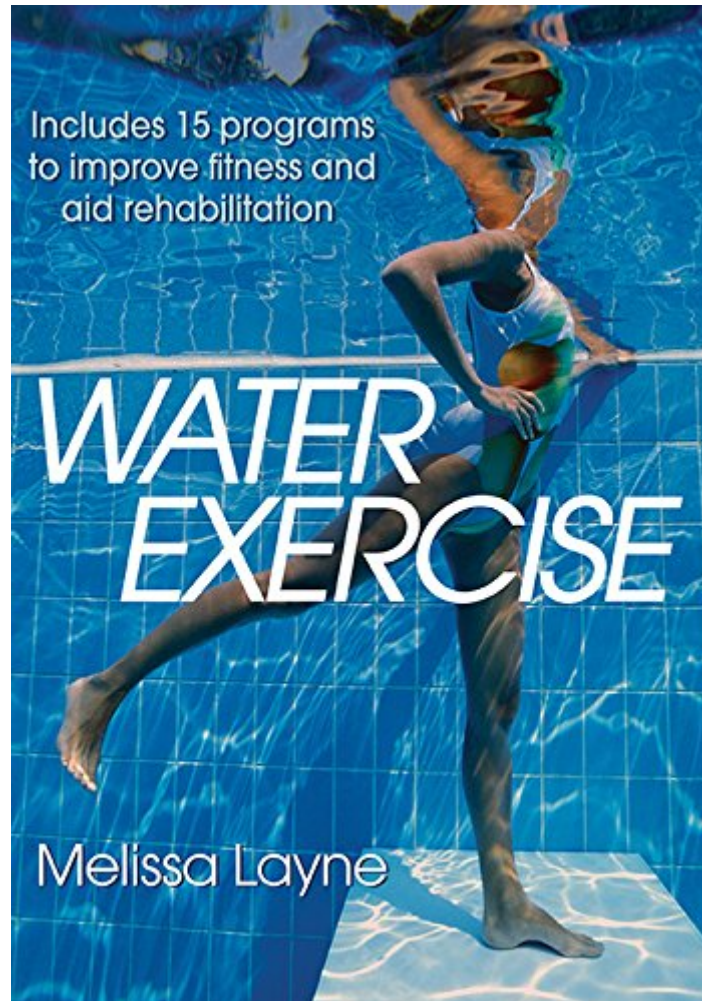




Ebook Directory
the best source of ebook

The book was found

Water Exercise



Synopsis

Water Exercise delivers 15 programs for fitness, rehabilitation, and management of chronic conditions. There are exercises for warm-up and flexibility and exercises for those who want beginner, intermediate, or advanced workouts. Water Exercise also covers common injuries and conditions with exercises for the ankle, knee, hip, spine, shoulder, and elbow.

Book Information

File Size: 27976 KB

Print Length: 248 pages

Publisher: Human Kinetics; 1 edition (May 8, 2015)

Publication Date: May 8, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00XD7LMJU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #340,199 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming #126

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #187 inÂ Kindle Store >

Kindle eBooks > Education & Teaching > Teacher Resources > Education Theory > Assessment

Customer Reviews

It's good enough to start out with

Chock full of great information and exercise ideas. I teach water aerobics and was very pleased with the content of this book. Thanks for a great job author Melissa Layne.

Well organized with good pictures to follow and do exercises correctly.

Great reference book.

Very educational.

Very informative

Exercises are not explained very well. I would not recommend this book.

Nothing compares to effective water exercises. Melissa Layne gives you 15 programs you can follow and adopt to improve your fitness and rehab yourself from the many injuries and disabilities people have. These exercises are especially good for older people who may find other types of exercises uncomfortable. The thing about water exercises is there is NO impact! And that's a good thing when you have a bum knee or bad back or some injury that makes exercise either painful or even dangerous. You get underwater photos showing you how to do the exercises and a program developed just for your own unique needs. You are told how many sets and reps to do for the most effective results. If you want to try water exercises or if you're looking to change up what you're already doing, give this a go. I think you'll enjoy it and get a lot from it.

[Download to continue reading...](#)

Pure Water: The Science of Water, Waves, Water Pollution, Water Treatment, Water Therapy and Water Ecology
Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox
Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse)
Water Clarity Secrets for Ponds and Water Gardens: The Quick and Easy Way to Crystal Clear Water (Water Garden Masters Series Book 5)
Water Is Water: A Book About the Water Cycle
Water! Water! Water! Country and Cottage Water Systems: A Complete Out-of-the-City Guide to On-Site Water and Sewage Systems, Including Pumps, Plumbing, Water Purification and Alternative Toilets
Water Quality & Treatment: A Handbook on Drinking Water (Water Resources and Environmental Engineering Series)
Water Distribution, Grades 3 & 4
WSO: AWWA Water System Operations
WSO (Awwa's Water System Operations)
Water for Food
Water for Life: A Comprehensive Assessment of Water Management in Agriculture
Water, Water Everywhere, What & Why? : Third Grade Science Books Series: 3rd Grade Water Books for Kids (Children's Earth Sciences Books)
Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy
Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1)
A SUPER Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1)
Exercise Every

Day: 32 Tactics for Building the Exercise Habit (Even If You Hate Working Out) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook BEST KETTLEBELLS EXERCISE GUIDE FOR EVERYONE: Kettlbells Exercise Guide How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [15 Weeks * Softback * Large 8.5" x 11" * Full Page ... Cycling / Biking] (Exercise & Fitness Gifts)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)