



Make the Pool Your Gym: No-Impact Water Workouts for Getting Fit, Building Strength and Rehabbing from Injury

By 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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Total Sports Conditioning for Athletes 50+-Karl-Knopf-9781569756478-14.95-Ulysses Press-6/1/08-350-

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About the Author

Dr. Karl Knopf is the coordinator for the fitness therapist program at Foothill College of California.

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