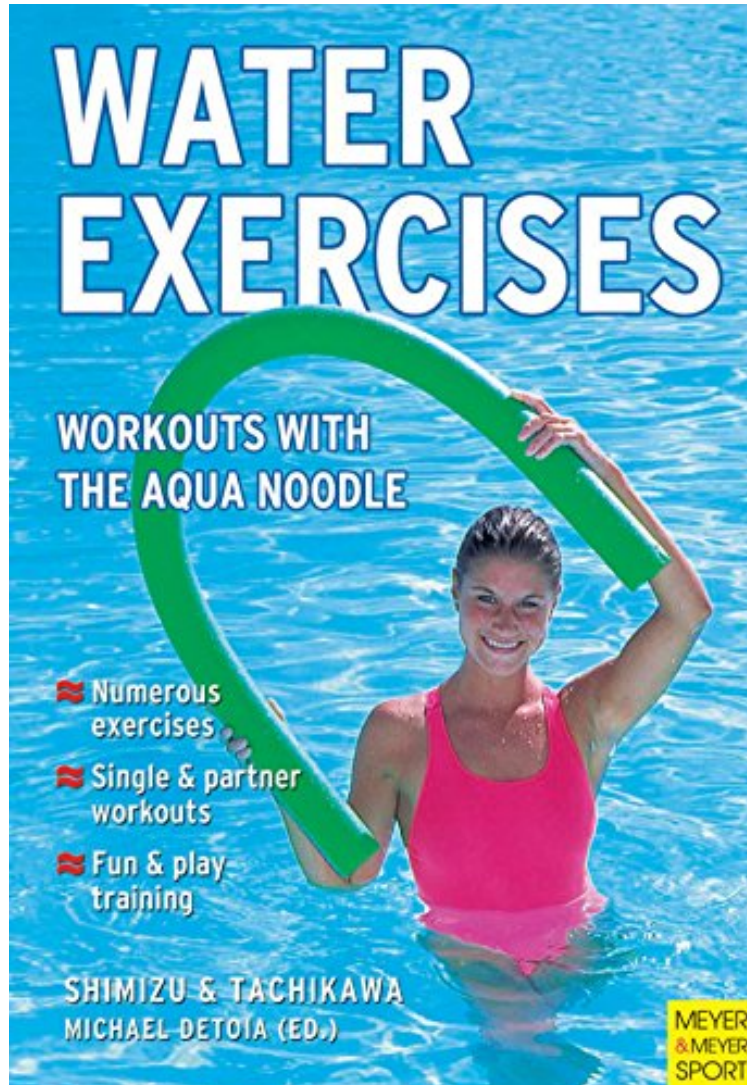


[Download] Water Exercises: Workouts with the Aqua Noodle (English Edition)

Water Exercises: Workouts with the Aqua Noodle (English Edition)

Von Tomihiro Shimizu, Noriko Tachikawa
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Von Tomihiro Shimizu, Noriko Tachikawa : Water Exercises: Workouts with the Aqua Noodle (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Water Exercises: Workouts with the Aqua Noodle (English Edition):

KurzbeschreibungWater Exercises introduces the numerous possibilities of how to keep fit in the water with the so-

called fun- or aqua-noodle. In a short introduction, the book explains the characteristics and the areas of useage of the aqua noodle. In the big practical section plenty of possibilities for exercises, usually with two variations, are introduced, in each case with accompanying photos and an explanatory text. The book is structured into six main fields: stretching, coordination, cardio training, toning, fun play and massage relaxation. The clear structure makes it easy to find all the different exercises.

Kurzbeschreibung

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Synopsis "Water Exercises" introduces the numerous possibilities of how to keep fit in the water with the so-called fun- or aqua-noodle. In a short theoretical introduction the book explains the characteristics and the areas of usage of the fun noodle. In the big practical section plenty of possibilities for exercises with usually two variations are introduced, in each case with accompanying photos and an explanatory text. The book is structured into six main fields: Stretching, Balance, Endurance, Muscle Training, Games Fun, and Massage Relaxation. The clear structure enables a quick finding of all the different exercises. This versatile catalogue of exercises guarantees for a varied workout with the fun noodle!