



# Deep End of the Pool Workouts: No-Impact Interval Training and Strength Exercises

*Melisenda Edwards, Katalin Wight*

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**A guide to the hottest new trend in full-body, no-impact exercise—pool workouts where your feet never touch the bottom**

For years, pool exercise meant swimming laps or performing slow and deliberate water aerobics while standing in the shallow end. With *Deep End of the Pool Exercises*, the intensity and effectiveness of water workouts is kicked up a level. By training in deep water, you get the cardio of swimming, the safe strength building of water resistance, and the core building of a stability routine. *Deep End of the Pool Exercises* guides you through 25 different moves that combine a total body workout with high intensity interval training. Featuring detailed instructions and 200 step-by-step photos, the book provides a comprehensive guide to this unique and effective form of fitness. Each exercise can be varied and customized to fit your individual fitness goals, all while remaining low-impact for healthier muscles and joints. Whether that goal is rehabbing from an injury, training for athletics, or building muscle, these deep-water exercises will fit the bill.

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