

WATER AEROBICS FOR SENIORS SIMPLIFIED

Step-By-Step Guide To Low And No Impact Water Exercises
For Seniors Made Easy For Beginners



GLORIA WILLIS

Water Aerobics English Edition

Cory Toth,Dwight E. Moulin



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Water Exercises Tomihiro Shimizu, Noriko Tachikawa, Michael de Toia, 2004 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 introduction the book explains the characteristics and the areas of usage 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 balance endurance muscle training games fun and massage relaxation The clear structure makes it easy to find all the different exercises Back cover

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