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Deep End of the Pool Workouts Melisenda Edwards, Katalin Wight, 2017-06-30 A guide to the hottest new trend in full body no impact exercise pool workouts where your feet never touch the bottom Whether you re a professional athlete or general fitness enthusiast wouldn t you prefer a workout that s kinder to your joints while also producing amazing results Thanks to the higher force required to move your body against water s resistance and the absence of any impact during the exercises the workouts in this book do just that By detailing proper form and technique this handy guide makes sure you gain maximum benefit from your water workout including greater SPEED POWER STRENGTH FLEXIBILITY

Aquatic Exercise Sabra Bonelli, 2001

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Certification and Accreditation Programs

Directory Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence *Aea Aquatic Fitness Research Journal* International Aquatic Exercise Association, 2005-05-01 **National Trade and Professional Associations of the United States**, 2008 **Journal of Physical Education, Recreation & Dance**, 1993

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 - Chapter 5: Conclusion
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 6. In chapter 5, this book will draw a conclusion about Aea Aquatic Fitness Professional Manual. This chapter will summarize the key points that have been discussed throughout the book.
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