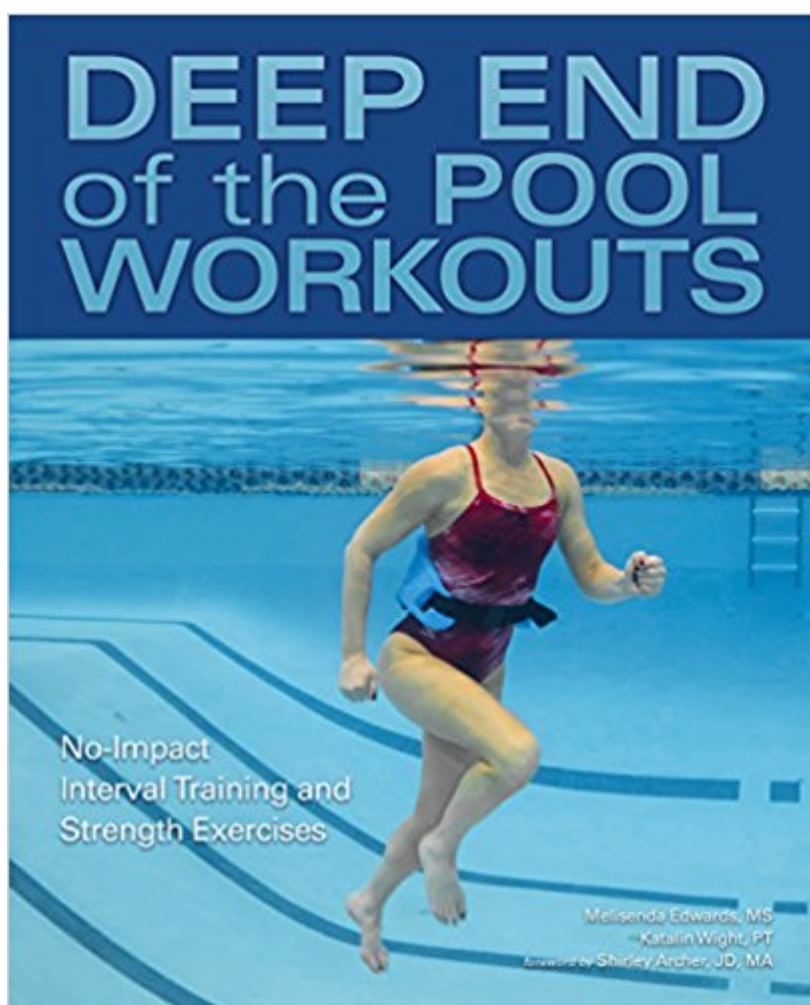


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# Deep End Of The Pool Workouts: No-Impact Interval Training And Strength Exercises



## Synopsis

A guide to the hottest new trend in full-body, no-impact exercise—water 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

## Book Information

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## Customer Reviews

Melisenda "Melis" Edwards, M.S. is a running and triathlon coach, personal trainer, fitness instructor and most importantly, an athlete. Having participated in sports ranging from ironman distance triathlons to ultra-running (including Western States 100), she understands the demands athleticism has on the body. With this knowledge, Melis has used the pool to work with athletes from triathletes to professional hockey players, for training as well as rehabilitation. She holds a master's degree in health promotion and certifications with A.C.S.M., as well as countless others. Melis knows what it's like to train non-professionally hours a week, work full-time, all while still trying to have a life. Katalin Wight is a Physical Therapist who has been working in the field since 1993 when she graduated with a Masters Degree in Physical Therapy from the

University of California, San Francisco. Kat's specialty is in the acute care field. She has participated in organized sports beginning in her high school years, into college at SDSU, and recreationally. She has continued to stay active in a variety of sports including hiking and running. Being an active person all her life and having a background in Physical Therapy, in body function as well as dys-function, Kat brings a keen eye to the overall description of the movements and another experienced perspective on the techniques and methods Melis has developed. Her areas of interest and aptitude naturally dovetail with Melis's unmatched skills and vast experience in deep water training and fitness in general.

I had always enjoyed high interval training in my gym classes, but I had never considered that underwater workouts would be effective for people of all age and fitness groups. This book does an excellent job of scaffolding the reader's learning about HIT swimming from the basics of the effectiveness, backed up by science, to specific workouts, and even to advice on teaching HIT pool workouts if you get really into it! I was relieved to find a good source of information after a physical therapist recommended that I consider pool workouts due to a toe injury that makes lunges and jumping, as well as downward dog, very difficult. I think this would be excellent to purchase for yourself if you're interested in the subject material or as a gift for someone newly considering this form of exercise.

This is a great book for no-impact and strength exercises. If you can not go to a standard gym and work on the exercise equipment and you have access to a pool, this book is for you. Everything is you need to know is easy to understand. There are step by step instructions, great illustrations and even a glossary to help you understand terms used for this kind of training. If you do not like the water, this might not be for you. Like any workout program, you set goals and this book explains how to achieve the best workout for you. I learned that you can burn 11.5 calories a minute doing these workouts. I hate running and love swimming so this is the book for me!

I bought this book for my mother in law who loves working out in the pool and ended up getting hooked on the workouts myself. This book is definitely a book, not merely a guide to working out. Reading it is like being at one with the author, you feel like she's your personal trainer who is there with you, side by side, on your journey through fitness with you. The in depth direction, descriptions and photos make this book a must-read for anyone who is interested in not only the workouts of deep end pool workouts but also the reasoning behind it. I often ask myself the question why? I find

the "WHY" to be the most important part of everything in life, this book does a phenomenal job of addressing the why. I love the way your 'personal trainer' recognizes when moves are hard, explains what you should feel and how to adjust accordingly. It is definitely a text heavy book but it's definitely interesting for anyone who has an interest in understanding their body movements. As someone who is overweight, I love doing workouts in the pool. it's just so much easier, even though it's still plenty of workout pain after. No pain, no gain baby! Highly recommend this book.

I have participated in a choreographed water aerobics classes- in the shallow end of the pool, so I was drawn to this book to find out how "deep end" workouts are different and most important, better for my body. Deep End of the Pool Workouts acknowledges most people start water aerobics after an injury or when they are seniors seeking decreased arthritic pain and increased flexibility. Those benefits continue in the deep end of the pool, but with more muscular strength and even more flexibility. Olympic athletes and trainers have used deep pool workouts to train with less injury to muscles and joints; in fact, sports as different as the winning USA women's ice hockey team and the runner Carl Lewis used it. People of all athletic abilities can complete this workout- and burn up to 600-700 calories per hour! This book opened my eyes to a whole new way to challenge my body and develop strength, without injury.

This is just what I need! Water based exercise had been recommended to me for a while now. The clubs who have classes near me are too early in the morning. Plus, I wanted to learn more before throwing myself in a class. This book is so detailed I feel comfortable enough to venture out and try these exercises for myself, without the aid of a class. At least to start. This book isn't Jazzercise in the water. It focuses on deep water interval training. It's high impact and seasoned athletes use this. Me saying this shouldn't turn readers away, but to say that authors know their stuff and worked to give the readers the best information possible. Every workout featured in this book includes photos as illustration of proper technique. Drills like running underwater, karate kicks and punches are all HIT (high intensity) but low impact. And since the exercises are done in deep water the core stays engaged and you get a good ab workout. Even if this is something new to you as it was with me, trying to keep form is essential to getting the most out of this workout. The book also covers stretching (a must, even in water), more advanced workouts, workout logs with drills and even has a section on how to teach others (with the proper certification of course). I'm still working through the book and perfecting technique, but I can't wait to start sharing my new-found workouts with my friends.

The Deep End of the pool workouts book was really a godsend for me because I have horrible knee pain if I jog or even doing repetitive squats. I can't climb stairs without pain either. People have been telling me to work out in the pool for years but even jumping up and down in the pool still had enough impact that it hurt- and I felt like I wasn't working out hard enough. This is much better- I can get resistance without slamming down on the pool floor. I didn't even know there were workouts to do in the deep end with a belt! I also appreciated the chart for water temps in the book because my pool is not heated and I was worried it would be too cold, but it looks like that's better for intense pool working. The book has examples of correct form and common mistakes so you don't have incorrect form, and it has physical therapy tips if you're recovering from an injury, which I guess is why most people use this. I just need to build some cardio and muscle fitness without pain! Don't forget to buy a water flotation belt with the book, I totally didn't think about it until I had the book in hand!

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