



Water Exercises: Workouts With the Aqua Noodle

Tomihiko Shimizu, Noriko Tachikawa

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"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!

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