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tudor o bompas the pioneer of periodization training and carlo a buzzichelli one of the world's foremost experts on training methods use scientific support and their expertise to teach you how to maximize training gains with periodization

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

this text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

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