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Great Summer Workouts: Just Add Water

By Lynn Bode

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by: **Lynn Bode**

With warm weather season now in full gear, exercisers want to take their workouts outside and breakout of their indoor fitness ruts. But, when temperatures reach record highs and humidity levels soar, traditional outdoor workouts become less appealing. So how can you stay cool while still enjoying outdoor physical activity? One word - water. Water exercises are the perfect way to workout under the sun without overheating. You can get a total body workout without even breaking a sweat!

And don't worry if you aren't a veteran swimmer. Aquatic workouts aren't limited to just swimming. There are many other forms of pool exercises. You don't even have to be a regular exerciser to try aquatic fitness. One of the great things about working out in the water is that even fitness novices can easily perform many of the moves.

It's also an excellent fitness choice for all ages, from the very young to seniors. Water exercise is a very good way to burn calories, improve your strength and flexibility, tone-up, improve your cardiovascular system, and just get more fit overall. And, the types of workouts are practically endless. Most land exercises can be modified and re-created in water. Other benefits include: lower injury risk

less sweating works your entire body challenges your body in a very different way then it is accustom

to refreshing way to workout water provides natural resistance so no equipment is needed can increase/decrease intensity (difficulty) simply by alternating between shallow and deep areas good low-impact exercise choice for pregnant women reduces joint compression and downward gravity pull (in other words - easier on the joints) even people who can't exercise on land can often exercise in the water excellent rehabilitation exercise for people recovering from an injury less stress on bones and muscles great option for people with arthritis

Plus, water workouts also provide a fun and more socially interactive exercise option. For example, parents can enjoy time at the pool with their children while also fitting in some of their weekly workout

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sessions. Aquatic aerobic classes also provide a social, group–setting alternative.

Still not convinced that an aquatic workout will challenge your body as well as some of the more common workouts like walking or jogging. Well, try some of the sample exercise below and you'll probably quickly change your mind. But, don't judge the workout solely on how high your heart rate gets. Keep in mind that swimmers generate a slightly lower heart rate when compared to cyclists and runners. This does not imply that they aren't working as hard. Experts equate the lower heart rate partially to the effect of immersion in a relatively cool environment. So, keep this in mind when determining your target heart rate, which may be 10 beats per minute lower when in the water. Also, don't make the mistake of assuming you are well hydrated just because your body is submerged in water. You still need to drink about ½ a cup of water about every 20 minutes of exercise.

Swim/Walk interval laps: Swim 1–2 laps (use any swim form you prefer: crawl, backstroke, etc). Walk 1–2 laps in the pool. Repeat sequence 4–6 times.

Water Squats: Stand in the water with feet about hip–width apart. Bend your knees slightly as you push your hips back as if you are sitting on a chair. Keep your knees behind your toes. Return to start position and repeat. The water provides extra resistance and makes this move more challenging.

Wave Jumps (for those with access to the ocean or a wave–simulator): Stand in knee–deep or less water. Each time a wave comes attempt to jump over it. Note: this is a more advanced move that requires good balance and strong swimming skills. Do not attempt this move unless you have experience swimming in waves.

Water Jogging: Can be done with the use of flotation devices where your feet don't touch the ground or the traditional way of actually jogging in the water.

For a more comprehensive list of water workouts and more detailed instructions for the above exercises, visit:

Remember, you should always consult your physician before trying any new exercise programs.

Lynn Bode, author and certified personal trainer, offers her services online through WorkoutsForYou.com. Workouts For You provides affordable online exercise programs to help even the busiest of people lose weight, tone–up, build muscles, increase stamina and more via the Internet. Let us guide you one–on–one through your fitness journey with weekly customized workouts designed just for YOU! Visit:

for a free sample workout.

How To Develop A Strength Training Workout To Swim Faster!

By Steve Preston

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Swimming is a very unique sport to develop a proper strength training workout for. Swimming is one of the few sports that requires more upper body strength for maximum performance. In fact, swimming requires at least 80% of strength from the torso and arms. Strength train correctly for swimming, and watch your speed in the water take off! Here are some tips to help you create the perfect workout.

1. Determine The Body Parts To Emphasize

No matter which swimming stroke you compete in, the body parts to emphasize are the same. The body parts in order of importance, that you will need for swimming are the back, chest, shoulders, arms, abdominals, hips, thighs. When creating a sport specific plan, you will work on these body parts in this order. You still want to train the entire body, because our body's work as a unit. Although you want to keep all of your body parts strong, try to keep this order when setting up your workout.

2. Select The Best Exercises For The Emphasized Body Parts

When selecting exercises for your swimming strength workout, you should find ones that you are comfortable with. Don't try to perform exercises that "mimic" the movements required when you swim. You never want your strength training exercises to be "too similar" to the skills for your sport. Just find the 12 best exercises for the body parts above.

3. Organize The Exercises Into A Routine

Take the 12 best exercises and organize them into a workout routine. You can substitute exercises occasionally. Try to select 2 exercises for each body part.

4. Full Body Workouts

Now that you've organized your exercises into a routine, you need to perform these full body workouts. If you're in the off-season, you can do this full body workout on 3 nonconsecutive days per week. If you're in-season, try to perform a workout every 4-5 days. This additional rest will help you recuperate from the combination of practices, workouts, and competitions. You might even get stronger by training this infrequently.

5. Keep It Progressive

No matter which exercises you've decided on, you must keep your workouts progressive. That means you should strive to add an additional repetition with the same weight in successive workouts or keep the number of repetitions the same, and add a little more weight. Try to do this as often as you can.

6. Minimize Momentum

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When you're swimming competitively you want to be fast in the water. Don't make the mistake of thinking that your strength training workouts need to be fast in order to make you faster in the water. Your strength training workouts should be slow and controlled. Always lower a weight twice as slowly as you lift it. This ensures that your form is perfect. Perfect form on your strength training exercises will carry over to improved performances in the water.

Steve Preston is a Sports Performance Specialist in Virginia Beach, Virginia. He specializes in sports-specific strength training programs to improve athletic performances. He is available for phone consultations, and clinics and can be reached through his website at

He has recently created a DVD Strength Training Program For Swimmers. It can be viewed at

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