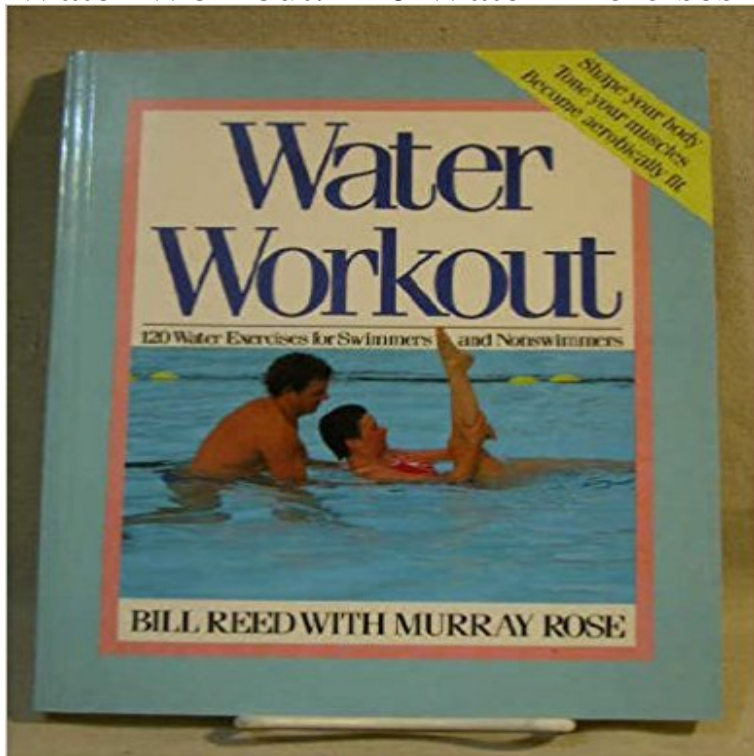


Water Workout: 120 Water Exercises for Swimmers and Nonswimmers



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medals, along with one silver and one bronze, and broke 15 world records during his swimming career. At one stage he held the 400 m, 800 m and 1500 m world records at the one time. He became the youngest triple medal winner in Olympic history after competing at the age of 17 in the Melbourne Olympics and then at the age of 21 in the Rome Olympics. He came to live mostly in the United States, augmenting his involvement in swimming with being an actor, a sports commentator, and a marketing executive.

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