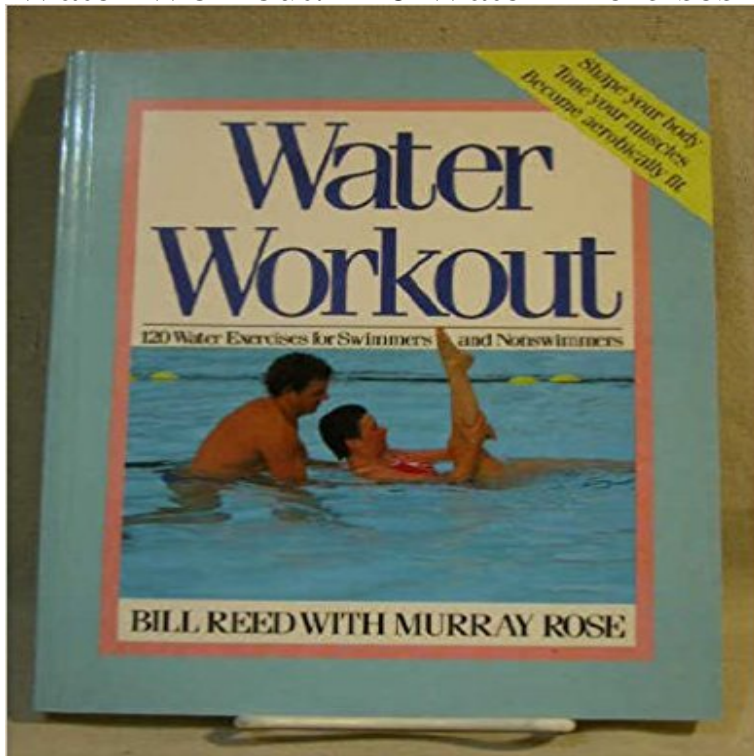


## Water Workout: 120 Water Exercises for Swimmers and Nonswimmers



WATER EXERCISES FOR EVERYONE: NON-SWIMMERS AND SWIMMERSAs current as the day it was first floated as one of the very first, if not the first, international book of water-fitness regimes!Experience the pleasure of exercising in water.Use the pool as a general-age gym for: general day-by-day fitness? beauty? body building? sports training and injury recovery? pregnancy help? aches and pains relief? the sheer enjoyment of itYou dont have to be a swimmer to use the best fitness gym available - the pool. Use it to get fit; to enhance your shape and form; to develop your muscles (even equivalent to regular weight lifting); to exercise while you enjoy yourself splashing around, even while pregnant; to help with muscle aches and pains, to free you from general immobility and minor disability under little ground-pull conditions, or just to help get away from things.Water exercise to music.Do it in pairs.Help others to do it. (No ducking!)Get strong or get slim.(No sweat either!)About the authors:Bill Reed was the Australian general publisher of Macmillan Australia when he conceived and wrote Water Workout, which was simultaneously published in the Australian, US and British markets under the respective Macmillan, Crown and David & Charles imprints. He was a South Australian representative surf lifesaver and water polo player. Originally a well-known and widely-performed and award-winning playwright, Bill Reed began writing fiction in his late thirties. Water Workout remains his only nonfiction work. To date he has written thirteen novels, including 1001 Lankan Nights, books 1 and 2, and has won Australian national awards in all three genre areas of drama, longform fiction and short stories. He now mostly resides in Sri Lanka.Murray Rose was voted The Greatest Australian Male Olympian of All Time in 1984. He won four Olympic gold

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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