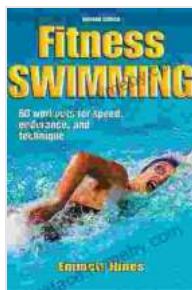


Fitness Swimming: The Ultimate Guide to Getting Fit in the Pool

By Emmett Hines

Are you looking for a fun and effective way to get fit? Look no further than swimming! Swimming is a low-impact, full-body workout that is perfect for people of all ages and fitness levels. In Fitness Swimming, expert swimmer Emmett Hines shares his secrets for getting the most out of your swim workouts.



Fitness Swimming by Emmett W. Hines

★★★★☆ 4.4 out of 5

Language : English

File size : 5509 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 232 pages

Lending : Enabled

Screen Reader : Supported



Fitness Swimming covers everything you need to know to get started, from choosing the right workout to perfecting your technique. Hines provides clear instructions and helpful photos that will help you get the most out of your swim workouts. Whether you're a beginner or a seasoned swimmer, Fitness Swimming has something for you.

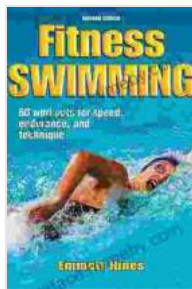
In this book, you will learn:

- The benefits of swimming for fitness
- How to choose the right workout for your fitness goals
- How to perfect your swimming technique
- How to avoid common swimming injuries
- And much more!

With Fitness Swimming, you'll be on your way to a healthier, fitter you in no time.

Free Download your copy today!

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