

POOL MOVES

Don't hold back – splash out in water for all the benefits of exercise without the sore muscles. Whether it's a straight 20 lengths or some fancy aqua aerobics, you're on to a winner!

WATER WORKOUT

'Exercising in water gives you an ultra-effective workout with none of the muscle aches you get after the gym,' says Mimi Rodriguez Adami, aqua fitness guru and author of *Aqua Fitness* (Dorling Kindersley, £12.99). 'It improves circulation, tones muscles and you don't risk injury.' Adami has devised the following moves:

STRIDE



Start in a neutral position, with your feet flat on the bottom of the pool and positioned under the hips, abs pulled tight, shoulders down, neck long, chest lifted and arms relaxed.

- 1 Keeping the knees slightly bent, hop and stride the right leg forwards and the left leg back.
- 2 Hop again and change sides, bringing the left leg forwards and the right leg back, working arms in opposition to the legs.

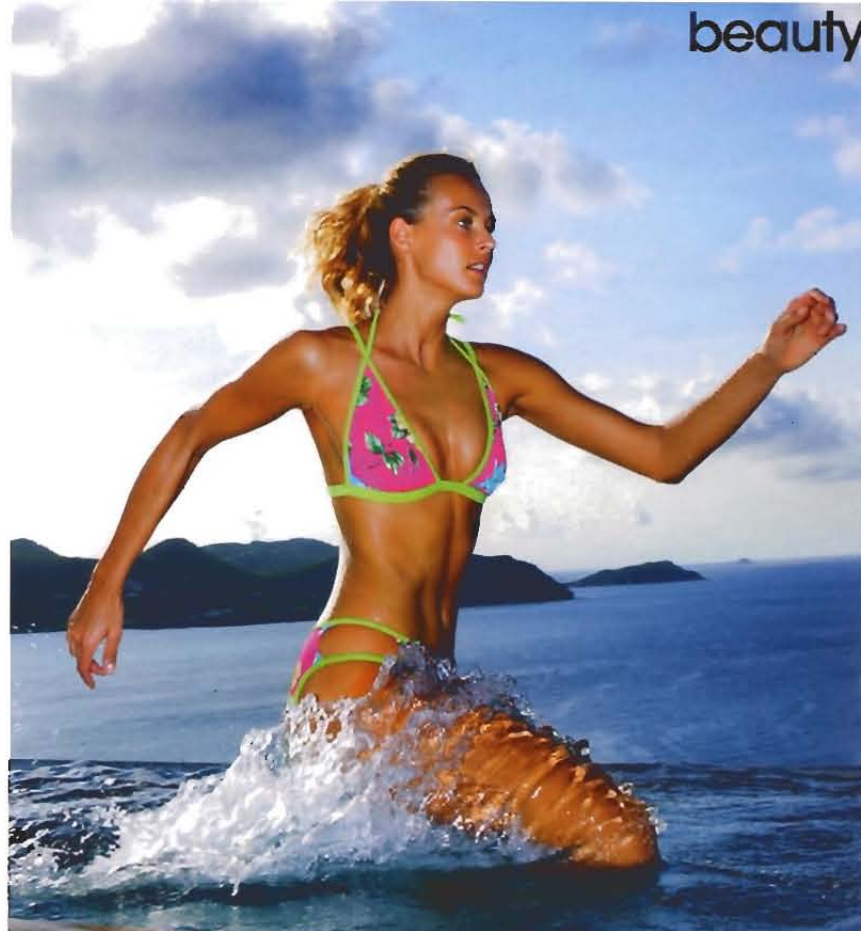
TICK-TOCK



Start, as before.

- 1 Hop and raise your left leg to the side, pushing out your left arm.
- 2 Hop again, bringing your left leg back to starting position and, in the same motion, raising your right knee.
- 3 Hop, landing on the right leg and raising the left leg to the side again. Continue for 4-8 reps, then swap sides.

BOOK OFFER For a copy of *Aqua Fitness* at £9.99 including p&p (RRP £12.99), call the DK Bookshop on 0870 0707 717 quoting reference RED/AF and ISBN 0751339970. Subject to availability. Allow 28 days for delivery. UK residents only.



AQUA GADGETS

Use these little helpers to boost your fitness and have a bit of fun

Kickboard, £9, Speedo



Theraband Aqua Fins, £29.95, Physio-Med



Flotation belt, £22, Speedo



Wonderboard, £29, Physio-Med



Aquatic dumbbells, £18, Speedo

GET MORE OUT OF A SWIM

Try these tips from fitness expert Jeff Archer, director of The Tonic Personal Training, (020) 8405 1727; thetonic.com

1 TIGHTEN YOUR ABS Holding your abs in tightly as you swim improves your technique and tones your tummy.

2 LEG WORK Kicking your legs out strongly under water, rather than just letting them float, will increase your calorie burn and improve lower body tone.

3 OXYGEN THERAPY Breathing deeply will increase oxygen uptake, help wellbeing and improve your stamina.

4 DIFFERENT STROKES Don't stick to the breaststroke – learn backstroke or front crawl. A new stroke puts higher demands on your

body, making it work harder, toning up parts that haven't been used for a while.

5 BURN IT UP Go for a calorie blast by swimming as fast as you can every fourth length. A fast length followed by three recovery lengths will get your heart rate going and burn up fat.

6 MIX AND MATCH Try a length of crawl, one of backstroke and one of butterfly with two to four lengths of breaststroke between each of the other strokes. By the time you've done 20 lengths of a 25m pool, you'll have worked most muscles and burned around 500 calories.

A study in San Antonio revealed that after two months of aquatic exercise, shoulder and hamstring strength doubled