



Get Wet, Get Fit: The Complete Guide to Getting a Swimmer's Body

Megan Quann Jendrick, Nathan Jendrick

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Two-time Olympic gold medalist Megan Quann Jendrick and her husband and personal trainer offer a complete training regimen -- including a diet program -- that will enable everyone to achieve the body of their dreams through swimming.

Elite-level swimmers share a common trait -- their toned, shapely bodies. *Get Wet, Get Fit* shows how anyone, regardless of age or size, can use swimming to get into the best condition of their lives. The Jendricks offer detailed instructions along with underwater photographs that illustrate how to achieve proper form and technique for the four basic strokes -- backstroke, breaststroke, butterfly, and freestyle.

But unlike the average training manual or how-to book, *Get Wet, Get Fit* also provides:

- Training regimens for everyone from beginners to Olympic-level competitors, including dynamic drills for strengthening, fat loss, and endurance
- Physique-building workout routines (with and without weights) for dry land
- A complete diet plan, including tempting recipes and menus (swimmers need carbohydrates, so this is a diet to love)
- Tips from world-class swimmers

Low impact and gentle on the joints, swimming is one of the most enjoyable and exhilarating ways to exercise, but *Get Wet, Get Fit* shows how it can also be one of the most effective ways to get your body into top shape.

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Anna Gann:

Now a day people who Living in the era exactly where everything reachable by talk with the internet and the resources inside it can be true or not demand people to be aware of each data they get. How individuals to be smart in receiving any information nowadays? Of course the answer is reading a book. Reading through a book can help folks out of this uncertainty Information mainly this Get Wet, Get Fit: The Complete Guide to Getting a Swimmer's Body book because book offers you rich info and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it everbody knows.

Samuel Hamby:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Get Wet, Get Fit: The Complete Guide to Getting a Swimmer's Body, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout fellas. What? Still don't get it, oh come on its called reading friends.

Adam Hay:

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