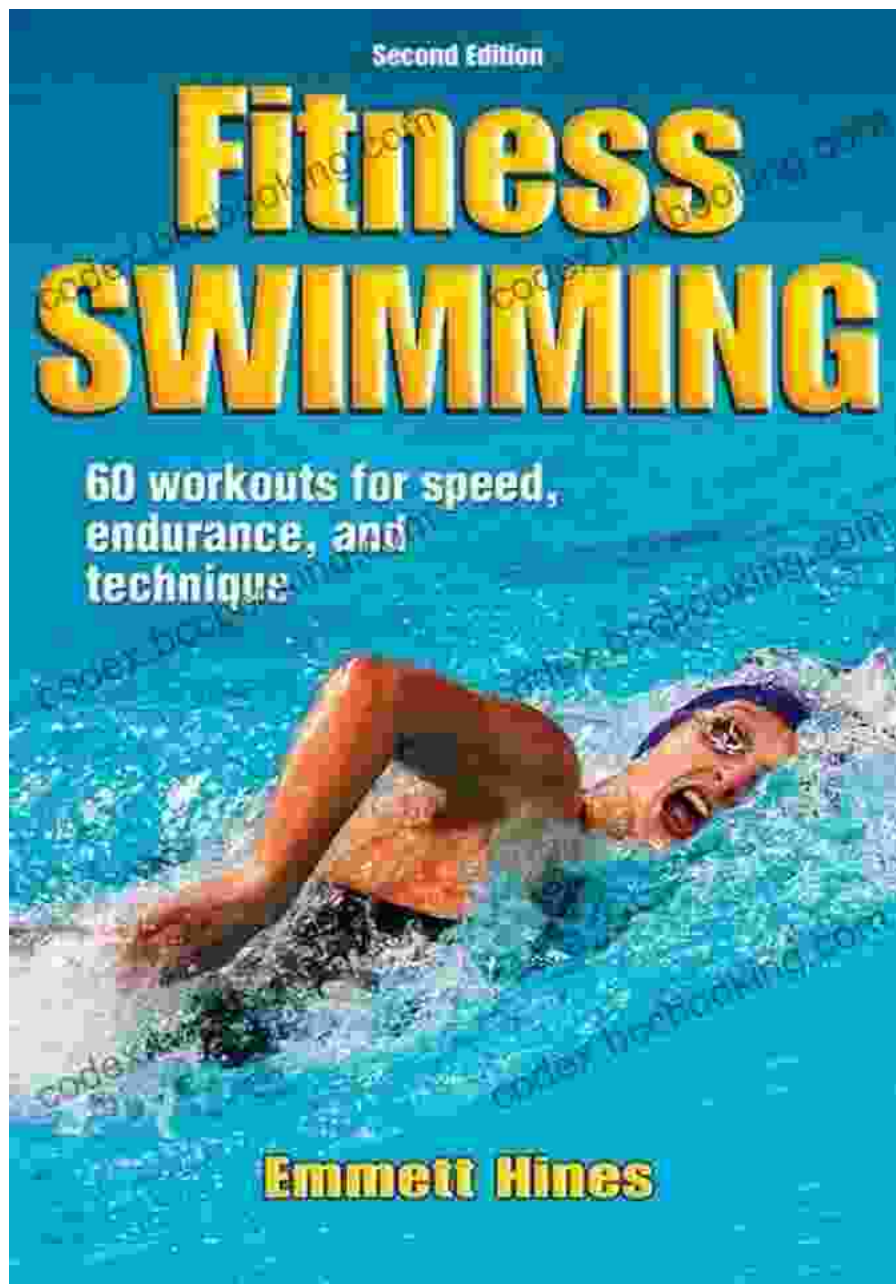


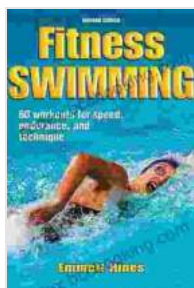
# Fitness Swimming with Emmett Hines



## The Ultimate Guide to Swimming for Fitness

Are you looking for a low-impact, full-body workout that can help you improve your cardiovascular health, build strength, and lose weight? If so, then swimming is the perfect exercise for you.

In his book, *Fitness Swimming*, Emmett Hines teaches you everything you need to know to get started with swimming for fitness. He covers everything from the basics of swimming to more advanced topics like competitive strokes, injury prevention, and training plans.



## **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



## **What You'll Learn in Fitness Swimming**

- The basics of swimming, including how to float, tread water, and swim the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly)
- How to develop a personalized training plan that meets your fitness goals
- How to prevent and treat common swimming injuries
- How to use swimming to improve your overall health and well-being

## **About Emmett Hines**

Emmett Hines is a world-renowned swimming coach and author. He has coached swimmers of all ages and abilities, from beginners to Olympic champions. He is also the founder of the Hines Aquatic Training Center in Orlando, Florida.

Hines is a passionate advocate for swimming as a form of exercise. He believes that swimming is one of the best ways to improve your overall health and well-being.

### **Free Download Your Copy of Fitness Swimming Today**

If you're ready to get started with swimming for fitness, then Free Download your copy of Fitness Swimming today. This book will teach you everything you need to know to get started and achieve your fitness goals.

[Click here to Free Download your copy of Fitness Swimming today.](#)

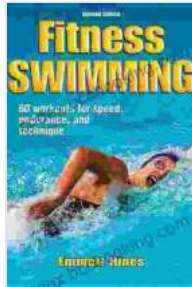
### **Testimonials**

"Fitness Swimming is the most comprehensive guide to swimming for fitness that I've ever read. Emmett Hines covers everything you need to know, from the basics of swimming to more advanced topics like competitive strokes, injury prevention, and training plans." - **Michael Phelps, 28-time Olympic medalist**

"Emmett Hines is one of the best swimming coaches in the world. His book, Fitness Swimming, is a must-read for anyone who wants to learn how to swim for fitness or improve their swimming skills." - **Katie Ledecky, 5-time Olympic gold medalist**

"Fitness Swimming is a great resource for swimmers of all levels. Hines provides clear and concise instructions on how to swim properly, and he offers helpful tips on how to prevent and treat common swimming injuries."

- **Dr. David Joyner, sports medicine physician**



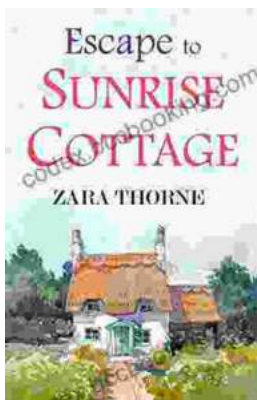
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