



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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