

# CONTENTS

CHAPTER	<b>1</b>	<b>THE SWIMMER IN MOTION</b> . . . . .	<b>1</b>
CHAPTER	<b>2</b>	<b>ARMS</b> . . . . .	<b>11</b>
CHAPTER	<b>3</b>	<b>SHOULDERS</b> . . . . .	<b>33</b>
CHAPTER	<b>4</b>	<b>CHEST</b> . . . . .	<b>61</b>
CHAPTER	<b>5</b>	<b>ABDOMEN</b> . . . . .	<b>85</b>
CHAPTER	<b>6</b>	<b>BACK</b> . . . . .	<b>113</b>
CHAPTER	<b>7</b>	<b>LEGS</b> . . . . .	<b>141</b>
CHAPTER	<b>8</b>	<b>WHOLE-BODY TRAINING</b> . . . . .	<b>173</b>

Exercise Finder 189

About the Author 193

