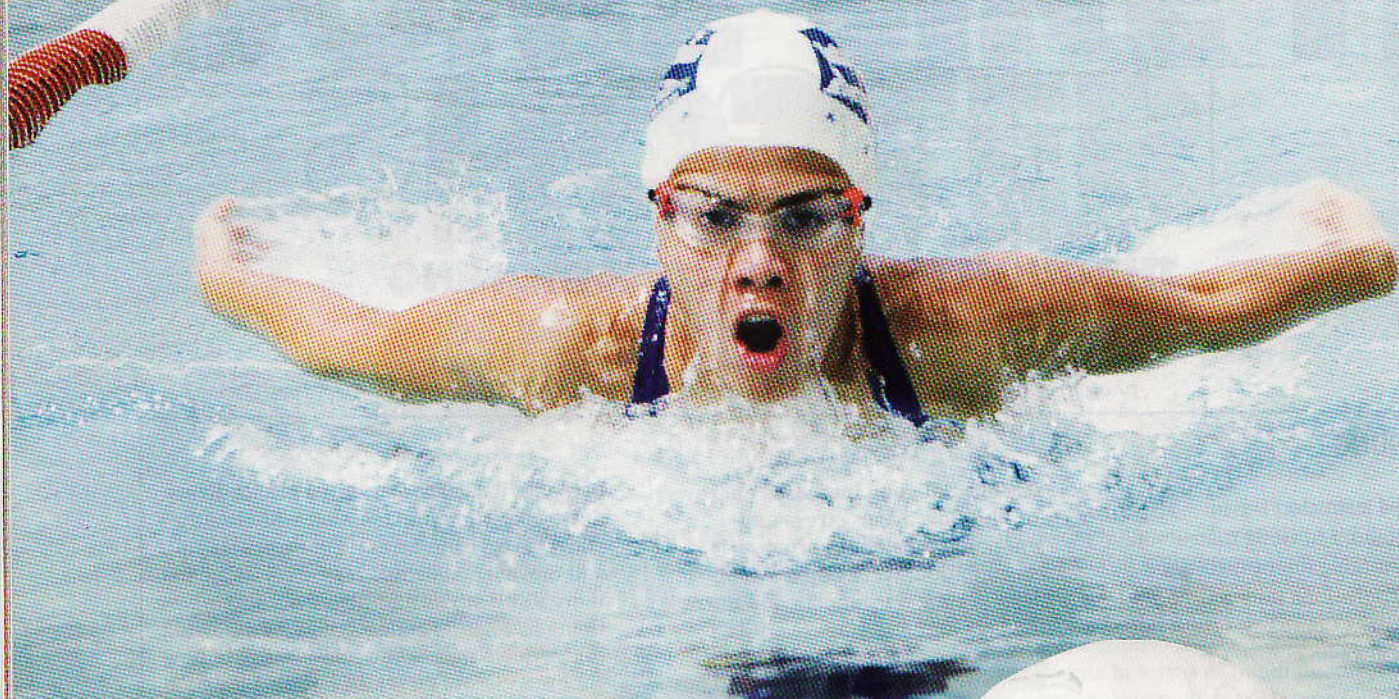


WHAT REAL MEN DO SORE TO THE CORE



TOTAL IMMERSION

Featured instructor: Ria Mackay. Competitive swimmer, technical swimming coach, swimming professional. Check out <www.totalimmersion.net>.

Exercise style: Swimming techniques by total immersion.

Benefits: Workout without jarring the joints. Water makes you lighter and provides resistance. Improves coordination and flow of movement. Good cardio. You get to see women in swimsuits.

How often it must be done to get results: At least "200,000" reps per stroke. It's also to reinforce muscle memory.

Ria's teaching philosophy: Teaching is an art! Proper swimming is 90% technique and 10% power.

