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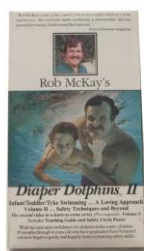
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Томск (3822)98-41-53
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Тюмень (3452)66-21-18
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www.sprintaquatics.nt-rt.ru || sqa@nt-rt.ru

Технические характеристики на DVD, видео, компакт-диски бренда Sprint Aquatics

DIAPER DOLPHINS, II DVD

Item # 949



- The Diaper Dolphin II video demonstrates more water safety as a sequel to Diaper Dolphins I
- The video was written by Rob McKay, and has helped many parents feel more secure about their young children in the presence of water
- 38 min. long

SPRINT AQUATICS INTRODUCTION TO ADAPTED AQUATICS

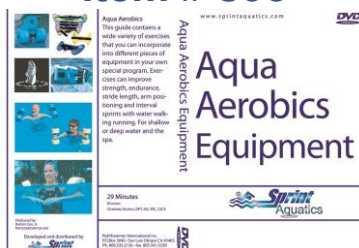
Item # 870



- Consists of 45 minutes of the best practices in Adapted Aquatics today
- Instructs on how to conduct an adapted aquatics program, along with program assessment and inculsion
- Endorsed by the American Association for Physical Activity and Recreation.

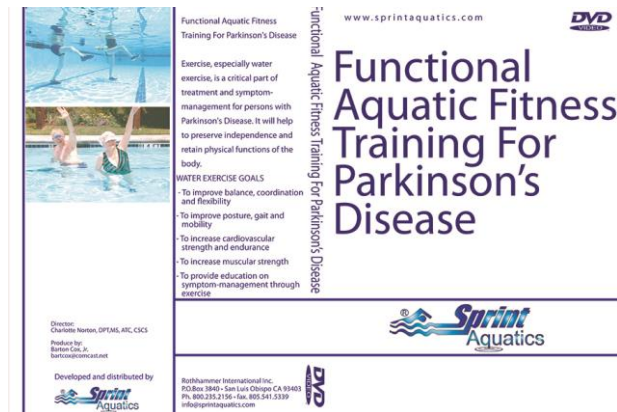
SPRINT AQUATICS AQUA AEROBICS

Item # 806



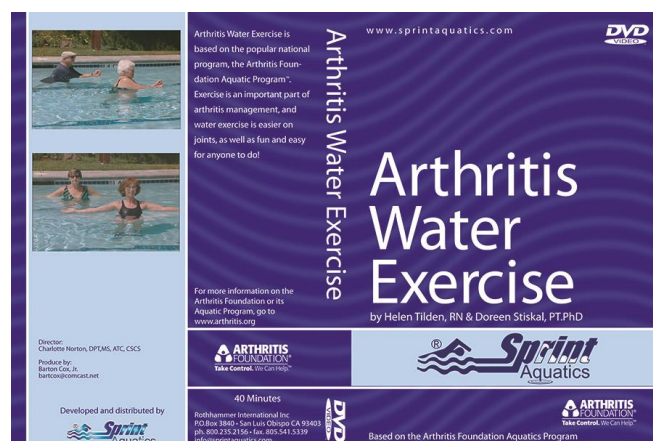
- Created by Sprint's medical staff in order to demo uses of some of our more popular products
- Contains a wide variety of exercises that you can incorporate into different pieces of equipment in your own special program.

SPRINT AQUATICS PARKINSON'S AQUATIC FITNESS TRAINING Item # 871



- Will help people suffering from Parkinsons to preserve their independence and retain physical functions
- Exercises on this DVD improve balance, coordination, posture, flexibility and mobility, and can increase cardiovascular and muscular endurance
- Endorsed by the National Parkinsons Foundation

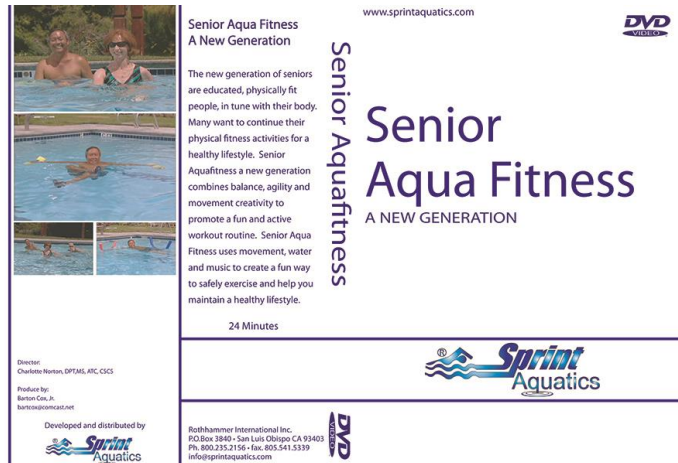
SPRINT AQUATICS ARTHRITIS FOUNDATION AQUATIC PROGRAM Item # 872



- Based on the national program by the arthritis foundation
- Fun and easy exercises are easy on the joints and can help reduce pain
- Created by Helen Tilden, RN and Doreen Stisbal, PT.
- 40 Minutes long

SPRINT AQUATICS SENIOR AQUA FITNESS

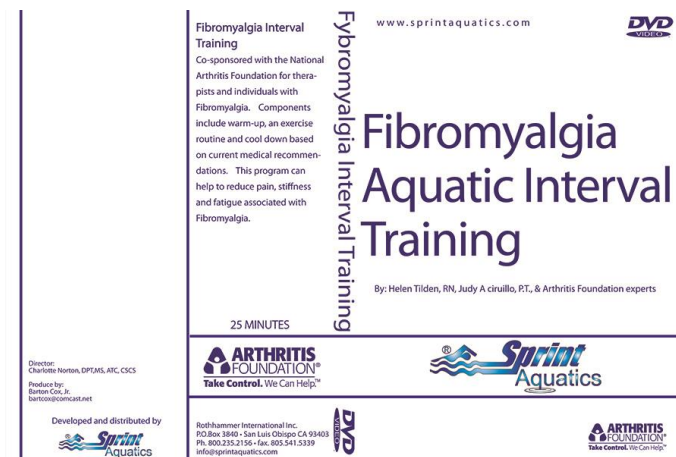
Item # 873



- Will challenge your strength, endurance, and cardio
- The low impact exercise routine in this DVD will enhance your posture and strengthen your back
- This routine will also strengthen your muscles in order to prevent falling
- 28 minutes long

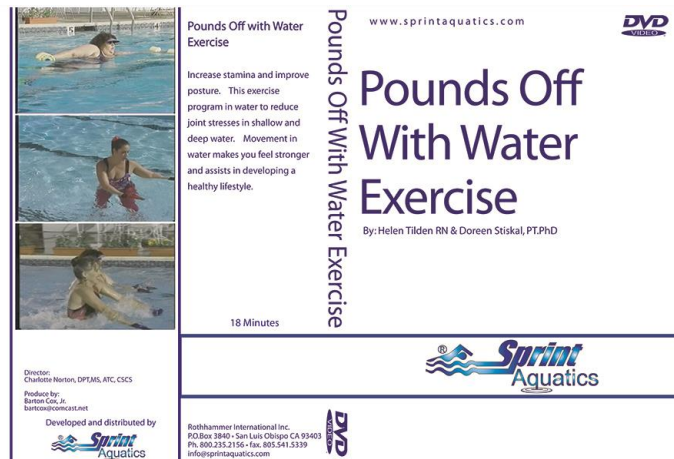
SPRINT AQUATICS FIBROMYALGIA INTERVAL TRAINING

Item # 874



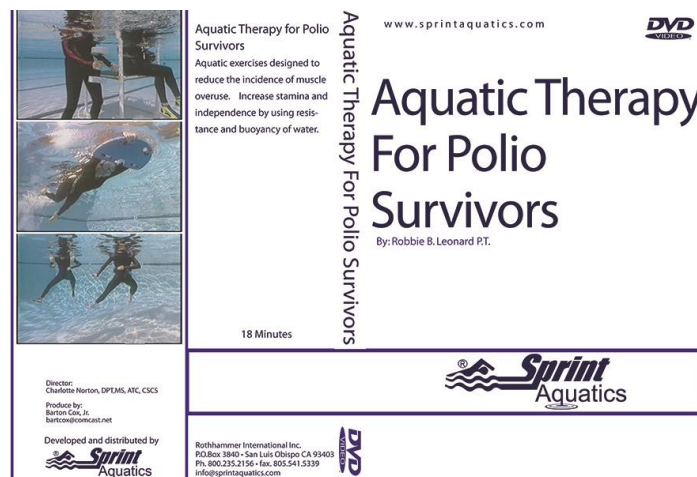
- Sprint's Fibromyalgia Interval Training includes warm ups, cool downs, exercises, and medical tips
- These exercises will help to reduce pain, stiffness, and fatigue
- 25 minutes long

SPRINT AQUATICS POUNDS OFF WITH WATER EXERCISE Item # 875



- Sprint's Fibromyalgia Interval Training includes warm ups, cool downs, exercises, and medical tips
- These exercises will help to reduce pain, stiffness, and fatigue
- 25 minutes long

SPRINT AQUATICS AQUATIC THERAPY FOR POLIO SURVIVORS Item # 876



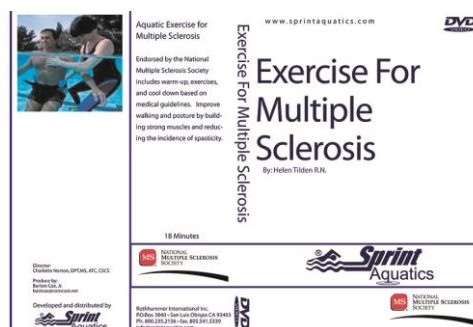
- Sprint's Fibromyalgia Interval Training includes warm ups, cool downs, exercises, and medical tips
- These exercises will help to reduce pain, stiffness, and fatigue
- 25 minutes long.

SPRINT AQUATICS AQUATIC THERAPY & EXERCISE BACK PAIN Item # 877



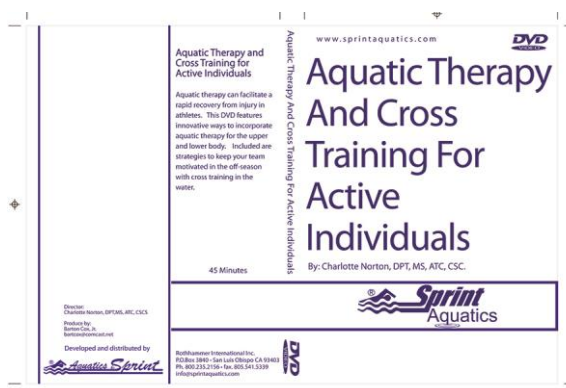
- Sprint's Back Pain DVD is a must have for those that suffer from back pain
- DVD contains aquatic exercises that are used in conjunction with land exercises
- Exercises can help increase flexibility, strength, and cardiovascular endurance
- The buoyant environment provided by the water promotes pain free movement
- 36 minutes long

SPRINT AQUATICS EXERCISE FOR MULTIPLE SCLEROSIS Item # 878



- Sprint's Multiple Sclerosis DVD can help MS patients build stronger muscles and reduce the incidence of spasticity
 - Helps to maintain strength, stamina and independence
 - Endorsed by the Multiple Sclerosis Society
 - 18 minutes long

SPRINT AQUATICS AQUATIC THERAPY & CROSS TRAINING Item # 879



- Sprint's Aquatic Therapy and Cross Training DVD will show you plenty of innovative ways to use water for therapy and cross training
- Exercises shown on this DVD will help you to maintain and improve your strength, range of motion, and cardiovascular fitness
- 45 minutes long

EDUCATIONAL DVD'S SET (10 VIDEOS) Item # 880

NO IMAGE
AVAILABLE

This is a set comprised of the following DVDs: #870, #871, #872, #873, #874, #875, #876, #877, #878, and #879.

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