



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TIDAL TONING

**WATERinMOTION® Strength uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy.**



[WATERinMOTION.com](http://WATERinMOTION.com)

Distributed by 

