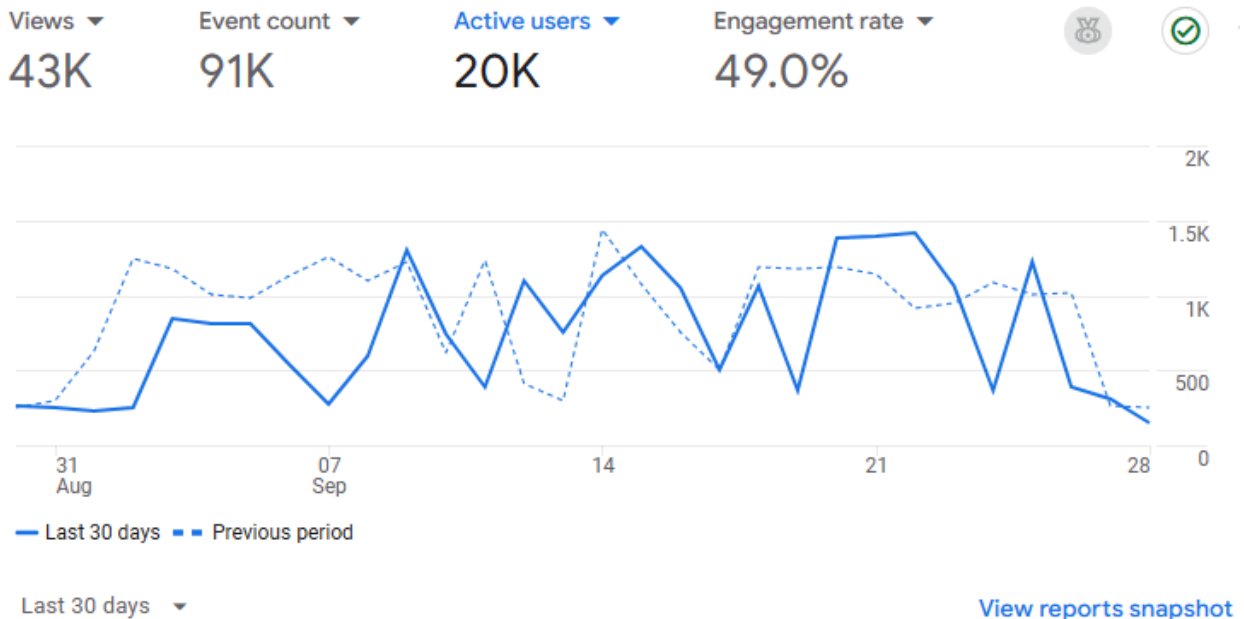


Legendaryswimmers.com

Sep-2025

Traffic Overview

The site saw robust growth in total sessions and engagement, driven primarily by organic sources. Below is a summary of key metrics from Google Analytics for the last 30 days



Acquisition Channels

Traffic acquisition highlights the site's reliance on organic search, aligning with SEO strengths in content around "swimming techniques" and "aqua fitness benefits." Direct and social channels show potential for growth.

Channel	Sessions	% of Total
Organic Search	20K	80%
Organic Social	4.6K	18%
Unassigned	1.6K	6%
Direct	239	1%
Organic Video	422	2%
Referral	6	<1%

Insights: Organic search dominance (80%) validates keyword optimization for terms like "aqua fitness workouts" and "water-based shoulder exercises." Low referral traffic points to untapped opportunities in partnerships with fitness blogs.

Observed Mentions in LLM Responses

Screenshots show that searching queries like "aqua fitness benefits" or "water workout plans" in ChatGPT, Claude, and Grok highlight [legendaryswimmers.com](https://www.legendaryswimmers.com) as a key reference, reflecting its growing authority in aqua fitness content.

Sample Pool Running / Underwater Treadmill Workouts

Here are a few workouts (beginner → more advanced) you can try. Adapt based on your fitness level, pool depth, whether you have a flotation belt, etc.

Level	Duration	Sample Workout
Beginner	~20-25 min	<ul style="list-style-type: none"> • Warm-up: 5 min walking in water • 10 min aqua jog at easy/moderate pace (deep water belt if possible) • 30 sec faster jog / 1 min easy jog × 5 intervals • Cool down: 5 min water walk + gentle leg and arm stretch ↓

The screenshot shows search results for aqua fitness content. Key results include:

- 5 Swimming Workouts for Runners | Runner's World**: We use technologies that provide information about your interactions with this site to others for...
- What Is Aqua Jogging? - GoodRx**: Image: provider image Welcome! You're in GoodRx for healthcare professionals. Now, you'll enjoy a...
- Treadmill-Like Pool Workouts: Running in Water for Better Fitness - Legendary Swimmers**: TREADMILL-LIKE POOL WORKOUTS: RUNNING IN WATER FOR BETTER FITNESS * Updated: September...
- The Benefits of Aqua Jogging for Runners, Explained - InsideHook**: A study published in The Physician and Sports Medicine reported that submaximal efforts in the po...

Search the web

+ Search


ChatGPT can make mistakes. Check important info.

Why Dryland Helps Swimmers

- Strengthens muscles used in the pull, kick, start, turn, etc.
- Improves core stability and body alignment, which reduces drag.
- Enhances mobility, especially shoulders/hands/ankles, so you can do the full range of motion without strain.
- Helps injury prevention (rotator cuff, shoulders, lower back) by balancing muscles.
- Builds power (for starts, turns, explosive parts) and endurance for strokes.

 Legendary Swimmers

Pool Stretching Exercises for Back Pain and Flexibility

 Health & Wellness Clinic

6 Helpful Pool Exercises To Ease Back Pain | Health & Wellness Clinic


 Where Wellness Meets Expertise

Best Swimming Exercises for Back Pain That Actually Work

More

What Changes During Menopause That Aquatic Fitness Can Help With


Menopause (and perimenopause) bring hormonal changes that often cause:

- Hot flashes, night sweats, mood swings
- Sleep disturbances
- Loss of bone density, increased risk of osteoporosis
- Decrease in muscle mass and strength
- Increased body fat (especially around the abdomen)
- Joint pain, arthritic symptoms 
- Cardiovascular risk increases (lipid changes, blood pressure etc.)

 nih.gov

The Effects of 6-Month Aqua Aerobics Training on Cardiometabolic Parameters in Perimenopausal...

Skip to main content *Biology (Basel)* . 2023 Apr 12;12(4):588. doi: 10.3390/biology12040588 THE...

 legendaryswimmers.com

The Benefits of Aquatic Fitness During Menopause (2024)

Engaging in exercises like aquatic fitness can make a real difference in maintaining health during this...

 rte.ie

Cold water swimming 'improves' menopause symptoms, study finds




skip to main content Your browser does not support Javascript. Please turn Javascript on to get the best...

3. Breathing Techniques

Proper breathing is often the hardest part for beginners. Here's how to do it better.

- **Freestyle breathing:** turn your head to the side to inhale when one arm is pulling / recovering, keep your eye under water. Don't lift the head forward. support.myswim... +2

Search the web

+  Search  

ChatGPT can make mistakes. Check important info.




What Makes a Good Backstroke

Before drills, these are the components you'll want to get right:

1. Body position & head alignment

- Lay on your back, body horizontal and as flat as possible. Avoid arching your back too much. Entry Point +2
- Your head should be still, looking straight up at the ceiling or sky. Ears just in the water; don't lift the head too far. If your head is too high, your hips drop and that increases drag.


Search the web

+  Search  

ChatGPT can make mistakes. Check important info.


Medal Swim School

Be sure to also check out our helpful guide on how to learn to swim. SEEK GREAT GUIDANCE AND...

 legendaryswimmers.com

Essential Swimming Techniques for Beginners: Complete Guide

* Conclusion GETTING COMFORTABLE IN THE WATER: THE FIRST STEP TO SWIMMING SUCCESS Before...

 philaymca.org

Swimming for Beginners: 6 Basic Skills Everyone Should Learn

Ensure your child is strong enough to exit a pool independently or aid them until they can accomplish...

Swimming Backstroke: The Complete Guide | LaneMate

COMMON BACKSTROKE MISTAKES There are several common backstroke mistakes to watch out for. * Hea...

 legendaryswimmers.com


Backstroke Swimming Tips: Improve Form and Speed - 2025

KEY DRILLS FOR BEGINNERS To master the backstroke, practice is key. Drills help build your basic skills. BOD...

 nataswim.com

Swimming : - Backstroke Leverage Drills | Nataswim

Articles 0 SWIMMING : - BACKSTROKE LEVERAGE DRILLS Swimming Online Coaching Resources...

 sport-fitness-advisor.com

Backstroke Drills for Swimmers - Sport Fitness

- S** Menopause and the Active Female Aquatic Athlete: navigating transition [swimming.org](#)
- NIH** Effects of aquatic exercises on physical fitness and quality of life in postmenopausal ... [nih.gov](#)
- AO** Health Spotlight: Water Exercise and Postmenopause [aquaticsintl.com](#)
- NIH** How do women feel cold water swimming affects their menstrual and perimenopausa... [nih.gov](#)
- Legendary Swimmers** The Benefits of Aquatic Fitness During Menopause (2024) [legendaryswimmers.com](#)
- B** Outdoor swimming and the menopause - Balance Menopause & Horm... [balance-menopause.com](#)
- NIH** The Effects of 6-Month Aqua Aerobics Training on Cardiometabolic Parameters in Peri... [nih.gov](#)

Here are reputable reference sites on aquatic fitness during menopause:

Research & Medical Sources

PubMed Central (PMC) - National Institutes of Health

- Systematic review and meta-analysis on aquatic exercise effects on physical fitness and quality of life in postmenopausal women [\[Link\]](#)

Reply to Claude...



Sonnet 4 ▾



- AP1** Water Aerobics for Weight Loss | 8 Pool Exercise That Burn Fat — Aquatic Pe... [aquaticperformancetraining.com](#)
- Q&A** Mayo Clinic Q and A: Water fitness - why aqua exercise works wonders - Mayo C... [newsnetwork.mayoclinic.org](#)
- Legendary Swimmers** Pool Exercise Weights: Transform Your Leg and Core Training [legendaryswimmers.com](#)
- Poolfit** 7 Pool Exercises for Core Training [poolfit.tv](#)

Pool Weights for Leg and Core Training

Pool weights, also known as aqua weights or aquatic resistance tools, are lightweight, buoyant or neutral-density equipment designed for water-based workouts. They add resistance to movements in the pool, enhancing muscle engagement without the joint stress of traditional weights—perfect for women in aqua fitness building on swimming strokes, pool running, or dryland routines. For legs, focus on ankle weights or water dumbbells for kicks and lifts; for core, use hand paddles, gloves, or dumbbells for twists and tucks. These tools provide 12 times the resistance of air, making them adjustable for beginners. They're ideal for low-impact strength, supporting breaststroke kicks, freestyle body roll, and pool running strides while reducing back pain risk when paired with pool stretching.

How can Grok help?

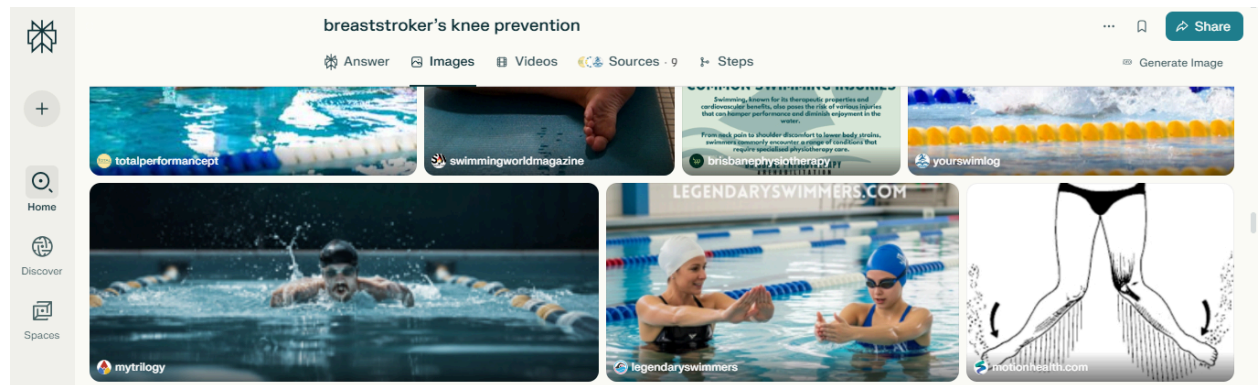
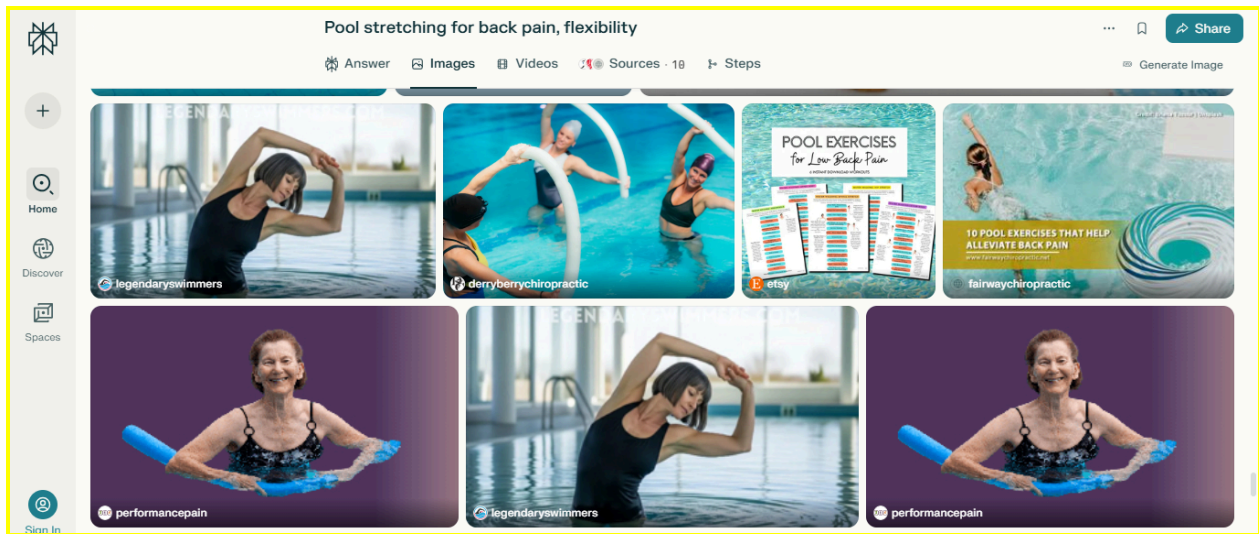


Auto ▾



Image Results in Ai






Screenshots indicate that searching for aqua fitness-related terms in Perplexity includes images, showcasing its visual content like workout plans and product guides, enhancing its visibility in image-based search results.



Top Performing Content (Last 28 Days)

In September 2025, Google Search Console data shows strong growth in clicks for key aqua fitness and swimming technique queries, driving targeted traffic to the site. These long-tail terms highlight user interest in competitive training and health tips, aligning with core content pillars. Below is a summary of the top performers, with opportunities to optimize related pages for further gains.

Last 28 days ▾

Top	Trending up	Trending down	Clicks
	Best Backstroke Training Essentials: Equipment & Methods 2025 https://legendaryswimmers.com/backstroke-training-essentials/		↑ Previously 0 +3
	Stomach Pain After Swimming: Causes & How to Stop - 2025 https://legendaryswimmers.com/stomach-pain-after-swimming-causes/		↑ 50% +2
	Why Do Swimmers Have Long Torsos? - Legendary Swimmers https://legendaryswimmers.com/why-do-swimmers-have-long-torsos-the-truth-about-swimmers-body/		↑ Previously 0 +2
	Backstroke Start Wedge Guide: Times, Tech Suits & Equipment https://legendaryswimmers.com/backstroke-start-wedge/		↑ Previously 0 +1
	https://legendaryswimmers.com/backstroke-swimming-tips/		↑ Previously 0 +1

Queries Leading to Your Site

Google Search Console highlights emerging queries driving clicks to [Legendaryswimmers.com](https://legendaryswimmers.com) in September 2025. These long-tail searches indicate growing interest in stroke comparisons and post-swim health, with all trending upward. Focus on optimizing related content for higher impressions.

Last 28 days ▾

Queries leading to your site ⓘ [View more >](#)

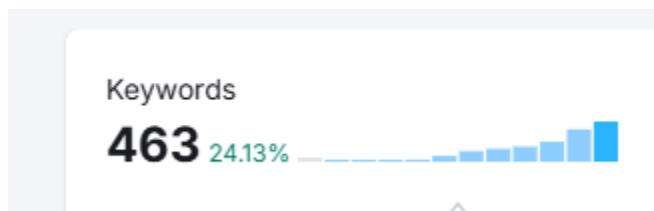
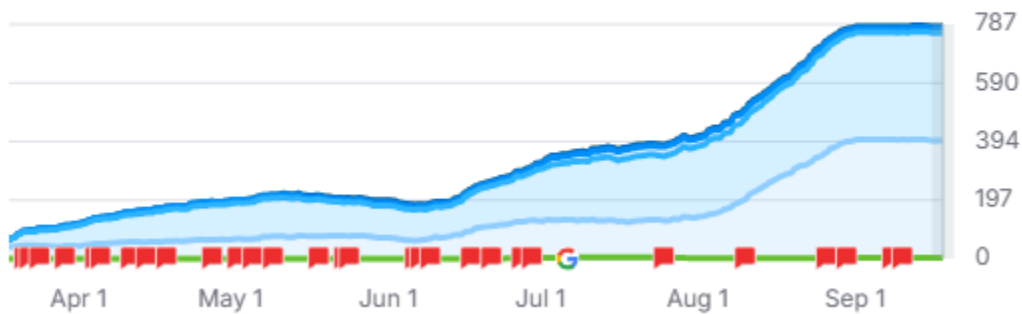
Top	Trending up	Trending down	Clicks
	is backstroke easier than freestyle		↑ Previously 0 +1
	stomach ache after swimming		↑ Previously 0 +1

Organic Keyword Performance (Semrush)

The chart from Google Search Console tracks organic keyword growth for [legendaryswimmers.com](https://www.legendaryswimmers.com) from April 1 to September 29, 2025. Total organic keywords reached **781**, with a significant upward trend starting in July, peaking at 987 keywords by September 1

Organic Keywords 781

Top 3 4-10 11-20 21-50 51-100 SERP Features



Here is the screenshot of some posts that are ranking in Google Search.

Keyword	Intent	Position	SF	Volume	KD %	URL	Updated
rejuvenating aqua therapy	I	8	4	390	14	legendaryswimmers.com/rejuvenating-aqua-therapy/	Aug 23
do swim diapers absorb urine	I	23	6	90	14	legendaryswimmers.com/swim-diapers-101-everything-parents-ne...	Sep 02
can you swim with herpes outbreak	I	16	4	50	10	legendaryswimmers.com/can-you-get-herpes-from-a-swimming-p...	Sep 03
breast stroke kick technique	I	23	4	40	31	legendaryswimmers.com/improve-breaststroke-kick-technique-tips...	Sep 07
stomach hurting after swimming	I	20	6	390	14	legendaryswimmers.com/stomach-pain-after-swimming-causes/	Aug 24
ie		17	6	40	14	legendaryswimmers.com	Sep 03

Off-Page SEO: Backlink Strategy Overview

The off-page SEO strategy in September 2025 focused on building a diverse backlink profile to enhance domain authority and referral traffic. A total of 65 backlinks were created across multiple types, with Domain Authority (DA) ranging from 45 to 90, averaging around 54. This mix targets both quantity and quality to boost search visibility for aqua fitness and swimming-related queries.

https://legara.net/listing/	52	1	https://legara.net/listing/legendary-swimmers/	Bussines listings
https://www.geniusu.com	49	1	https://www.geniusu.com/profiles/2695948	Profile
https://www.futurelearn.com	85	1	https://www.futurelearn.com/profiles/22610940	Profile
https://www.fundable.com/	71	1	https://www.fundable.com/user-1197129	Profile
site123.me/	89	1	https://0804a52004a9b.site123.me/	Profile
https://app.box.com	92	1	https://app.box.com/file/1936472586469	Profile
https://articleexchange.mn.co/	73	1	https://articleexchange.mn.co/members/35044408/feed	Profile
blogspot.com/	100	1	https://legendaryswimmers.blogspot.com/2025/07/a-compre	Web 2.0
mystrikingly.com/	93	1	https://legendaryswimmers.mystrikingly.com/	Web 2.0
livepositively.com	61	1	https://legendaryswimmers.livepositively.com/the-ultimate-g	Article submission
https://spoutible.com/	43	22	https://spoutible.com/legendaryswimmers/media	Profile
hashnode.dev/	78	1	https://legendaryswimmers.hashnode.dev/the-ultimate-guide	Article submission
https://yakelet.com/@	71	1	https://yakelet.com/@legendaryswimmers71409	Profile
https://www.indiegogo.com/	92	1	https://www.indiegogo.com/individuals/38698814	Profile
https://joripress.com/	31	1	https://joripress.com/best-swimming-gear-for-every-skill-level	Guest Post
https://www.intensedebate.com/people	86	1	https://www.intensedebate.com/people/legendary39	Profile
https://www.instructables.com/legendary	92	1	https://www.instructables.com/legendary-swimmers/	Web 2.0

https://mizunosoccershoesfans.com/	25	1	https://mizunosoccershoesfans.com/legendaryswimmers	Social bookmark
https://www.peoplebookmarks.com/	23	1	https://www.peoplebookmarks.com/preview-bookmark/	Social bookmark
https://www.bookmarkfeeds.com/	29	1	https://www.bookmarkfeeds.com/preview-article/	Social bookmark
https://www.socialwebmarks.com/	25	1	https://www.socialwebmarks.com/preview-webmark/	Social bookmark
https://bookmarkja.com/	72	1	https://bookmarkja.com/story22544173/legendary-swimmer	Social bookmark
https://allbookmark.com/	72	1	https://allbookmark.com/story21790057/legendary-swimmer	Social bookmark
https://bookmarkmarketmaven.com/	69	1	https://bookmarkmarketmaven.com/story20721594/legendary-sw	Social bookmark
https://mybookmark.com/	70	1	https://mybookmark.com/story21785414/legendary-swimmer	Social bookmark
https://bookmarkshq.com/	70	1	https://bookmarkshq.com/story21734704/legendary-swimm	Social bookmark
https://www.sudobusiness.com/	7	1	https://www.sudobusiness.com/preview-listing/	Social bookmark
https://www.instantbookmarks.com/	21	1	https://www.instantbookmarks.com/preview-bookmark/	Social bookmark
https://www.businessveyor.com/	12	1	https://www.businessveyor.com/preview-business/	Social bookmark
https://www.nativebookmarks.com/	16	1	https://www.nativebookmarks.com/preview-article/	Social bookmark
https://www.seosubmitbookmark.com/	28	1	https://www.seosubmitbookmark.com/preview-listing/	Social bookmark
https://thead1.net/ad/	43	1	https://thead1.net/ad/5989211/legendary-swimmers-swim-h	Add submission
https://tuftclassified.com/	47	1	https://tuftclassified.com/legendary-swimmers-swim-health-s	Add submission
http://www.usnetads.com/	46	65	http://www.usnetads.com/view/item-133658218-Legendary-	Social bookmark
https://socialfans.com/story5495326	45	1	https://socialfans.com/story5495326/swim-health-safety-tips	Social bookmark

Backlink Growth Overview

The data from the screenshots below illustrates the off-page SEO progress for <https://legendaryswimmers.com>. Both referring domains and backlinks show consistent growth, reinforcing the site's authority in the aqua fitness niche.

- **Referring Domains:** Increased to 151, up 7% from the previous period, with a steady rise from 10 in October 2024 to 150 by September 2025. This reflects a broadening network of quality sources linking to the site.
- **Backlinks:** Grew to 321, up 13%, starting at 14 in October 2024 and reaching 318 by September 2025. The upward trend indicates successful link-building efforts across business listings, guest posts, and Web 2.0 platforms.

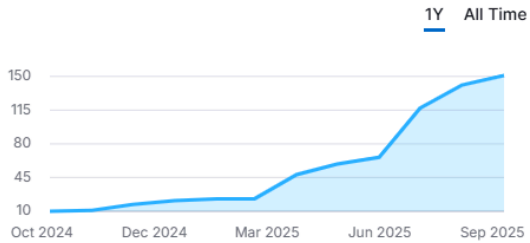
Referring Domains ⓘ

151 +7%

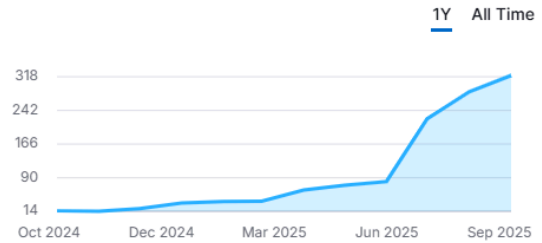
Backlinks ⓘ

321 +13%

Referring Domains ⓘ



Backlinks ⓘ



Blog Publishing Performance

In September 2025, we published 10 SEO, AEO (Answer Engine Optimization), GEO, AIO and semantically optimized articles. These blogs, tailored to aqua fitness and swimming techniques, thereby enhance visibility across search and AI-driven platforms. The effort aligns with the month's 781 organic keywords and 20K organic sessions, indicating early traction from content focused on user intent and local relevance. Continued optimization and promotion could drive further engagement.

legendaryswimmers.com/wp-admin/edit.php

Legendary Swimmers Live TOP Table Of Contents View Posts Rank Math SEO WPCode WP Rocket

Analytics Marketing Elementor Templates Royal Addons Element Pack Pro ElementsKit Essential Addons Astra Appearance Plugins Users Tools All-in-One WP Migration Settings

<input type="checkbox"/>	How Do You Master Backstroke Swimming as a Beginner?	Team_LS	Swim Strokes & Techniques, Blog	to swim backstroke faster, swim faster, swimming flip turn, swimming hydrodynamics, swimming speed tips, underwater dolphin kick	Published 2025/09/23 at 12:23 pm	82 / 100	Keyword: Backstroke Swimming for Beginners Schema: Article (BlogPosting), FAQPage Links: 3 6 1
<input type="checkbox"/>	Water Ab Workouts: Tone Your Core with Effective Pool Exercises	Team_LS	Swim Fit, Blog	ab workouts, abdominal exercises, aquatic fitness, core strength, core training, joint-friendly workout, Low-Impact Exercise, pool exercises, Pool Workout, water ab workouts, Water Aerobics, water resistance training	Published 2025/09/21 at 2:14 pm	85 / 100	Keyword: Water Ab Workouts Schema: Article (BlogPosting), FAQPage Links: 3 4 1
<input type="checkbox"/>	Water Stretches for Flexibility	Team_LS	Blog, Swim Fit	ab workouts, abdominal exercises, aquatic fitness, core strength, core training, joint-friendly workout, Low-Impact	Published 2025/09/19 at 11:42 am	85 / 100	Keyword: Water Stretches for Flexibility

Type here to search

6.1 KBps 6.3 KBps 30° 6:45 PM 9/29/2025

Social Sharing

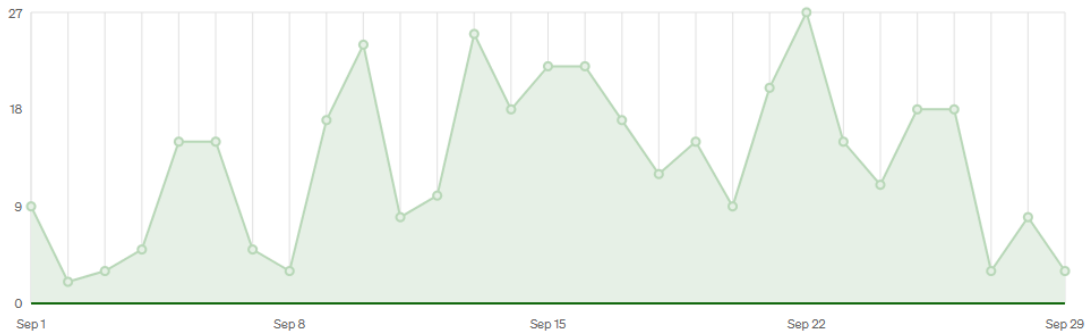
Medium

Monthly

September 1, 2025 – Today (UTC) · Updated hourly

September 2025

257 ^{New} Presentations (1) 379 Views 0 Reads 0 Followers 0 Subscribers



Story

Presentations ⓘ

Views

Water Stretches for Flexibility

16

11

9 min read · Sep 24, 2025 · [View story](#)

Water Ab Workouts: Tone Your Core with Effective Pool Exercises

16

8

9 min read · Sep 24, 2025 · [View story](#)

Best Backstroke Training Essentials: Equipment & Methods 2025

8

10

8 min read · Sep 24, 2025 · [View story](#)

Backstroke Start Wedge Guide: Times, Tech Suits & Equipment

21

10

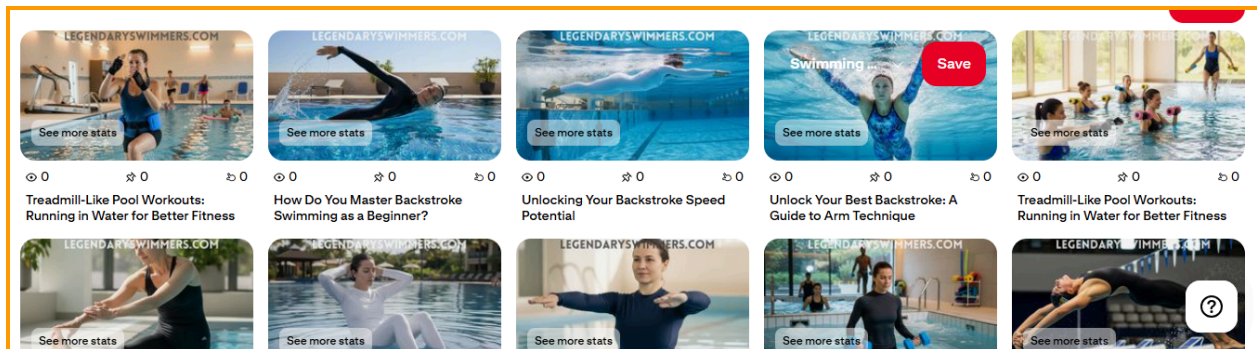
6 min read · Sep 21, 2025 · [View story](#)











Think you need an Olympic-sized pool to get fit?

19

12

Pinterest



Pin	Type	Source	↓ Total impressions	
 Backstroke Swimming Mistakes: Co...	Organic	Your Pins	3 	Promote
 Backstroke vs. Freestyle – A Latest ...	Organic	Your Pins	3 	Promote
 Mastering Backstroke for Women: T...	Organic	Your Pins	3 	Promote
 Backstroke Swimming Benefits: Imp...	Organic	Your Pins	3 	Promote
 Backstroke Stroke Mechanics: Mast...	Organic	Your Pins	2 	Promote

FaceBook



Legendarystimmers.com

September 22 at 11:30 AM · 🌐



Breastroker's Knee:

Breaststroke can be tough on the knees — but with the right approach, you can prevent injury and ... [See more](#)



LEGENDARYSWIMMERS.COM

Breastroker's Knee: Prevention, Teaching, and Turn Rules

Top content

based on views



Sun Sep 21, 4:11pm

4

Views



Sun Sep 21, 8:05pm

1

Views

Twitter



Breastroker's Knee: Prevention, Training, and Turn Rules
Struggling with breastroker's knee? Discover injury prevention, safe technique training, and turn rules to swim stronger. [#Breaststroke](#) [#SwimTraining](#) [#LegendarySwimmers](#)
legendaryswimmers.com/breaststokers...



LegendarySwimmers @legendaryswimm · Sep 21 🔗 ...
Backstroke Start Wedge Guide: Times, Tech Suits, & Equipment
Want a faster backstroke start? 🏊 Our guide covers start wedges, tech suits, & essential equipment to boost your swim performance. [#Backstroke](#)