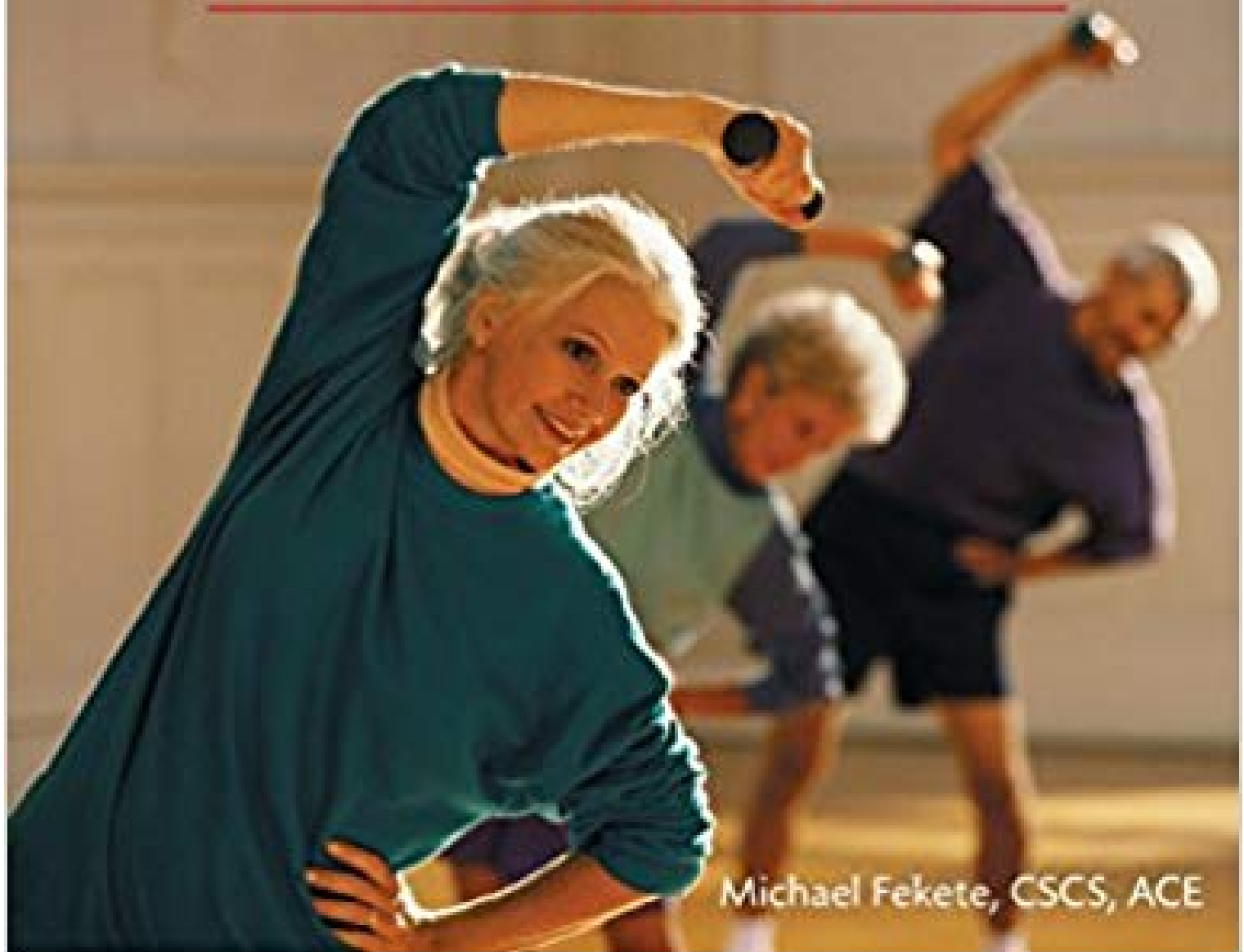


STRENGTH TRAINING FOR SENIORS

How to Rewind Your Biological Clock



Michael Fekete, CSCS, ACE

Michael Fekete

Strength Training for Seniors: How to Rewind Your Biological Clock



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Regular exercise can reduce a person's biological age by 10 to 20 years, and the main element to exercising effectively is definitely maintaining and raising strength. Written by a expert athlete over 50, this accessible book offers specific exercises for improving health and fitness, tips about maintaining and increasing mobility and motor skills, dietary advice, approaches for stress administration, and worksheets for personal weight training schedules. A higher level of strength also enhances immune systems, aids in preventing age-related diseases such as for example diabetes and osteoporosis, lowers tension, and boosts mental acuity.



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A good book for some... It was a pleasure to read and I sensed like all of the exercises were doable and interesting.. There are great instructions for those who want to do Weight training.However, this book isn't for the feeble. I am 68 years outdated with artificial knees and a disc removed from my back, but wanted an excellent exercise program for me personally. I can now set up a progressive system modified for my requirements way beyond I felt possible. Not really what I expected. EASILY wanted anatomy physiology ... Not really what I expected. This is a well thought out plan for engaging in shape and building endurance. Simply wanted the exercises.. Precisely what I needed. Not knowing the exercises that were included, and getting 72 and not as well apt for exercise, it had been not the publication for me.If you are 50 and in a position to get with this program, I am certain you will come across a lot of good ideas in which can help your strength. A very good choice on the subject. Thank you because of this tutorial. Five Stars Item is really as expected. If I wished anatomy physiology lesson I've my med books for that.. Four Stars Wish book had a lot more pictures showing proper training. Not for me Not enough pictures.. Great browse and doable exercises Clear pictures,understanding of senior health and other problems are all clearly described in this thorough book.. I just concentrate on slower progressions and little modifications like flooring exercises on the bed or bench so I will get up again. .. It takes a while to get going after years of slack but I'll enter a workout that's comfortable but nonetheless challenging - I have high hopes! started the program however but there is plenty of good inspiring information to get me there Haven't started this program however but there is plenty of good inspiring information to get me there. Fitness takes work! Precisely what I needed. This is a lovely book in many ways.thanks Five Stars I love it



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