

A woman with short brown hair, wearing a white tank top and grey leggings, is lying on her back on a large, light blue exercise ball. She is propping up her upper body with her arms raised and hands behind her head, looking upwards. The background is a soft, out-of-focus blue.

Dr. Karl Knopf

CORE STRENGTH FOR 50+

A Customized
Program for Safely
Toning Ab, Back
& Oblique Muscles

Karl Knopf

Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles



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STAY YOUNG WITH EFFECTIVE, EFFICIENT CORE STRENGTH TRAINING From swinging a driver to carrying a bag of groceries, the core is everything. Stability, agility and youthful stature are simply a few of the benefits of a toned and effective midsection. Improve posture Core Power for 50+ has everything you need to: Assurance low back wellness Enhance sports overall performance Avoid injury With exercises ranging from basic mat function routines to unstable schooling with foam rollers and balance balls, Core Power for 50+ provides a lot more than 75 exercises that build and keep maintaining strong muscles in the ab muscles, obliques, spine and butt.



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Nothing at all else has changed. Hardly ever enjoyed exercise. Never in fact felt better after workout. To the extent I've exercised it was to achieve a goal, e.g., getting in shape to go on a kayaking trip. Anyway to trim to the chase. I've been using this for some months and really enjoy and appreciate this program. Not for seniors. There are various levels of exercises in this book and several different exercises at each level. Dr. I came across this book quite by accident. Pictures and charts can't be enlarged in the reading app so the book is useless. I began at the very lowest level with the lowest intensity and without any gear. I did not be expectant of much. The book told me not to expect too much too soon. But I knew I had a need to strengthen my core and whatever I tried before was too hard and/or unpleasant, e.g., pilates. No degree of pilates seemed doable given my generally fragile core. Mostly, my pot belly, in spite of the truth that I am slim, spoke if you ask me and stated I had to accomplish something. The author's reserve on stretching for 50+ was advertised in my own Tufts Nourishment Newsletter and I have found the books they advertise/recommend to end up being very useful. Well, you discover I don't think of kayaking as working out, I believe of it as getting into places I possibly could not usually go. I think that my posture has improved, flexibility is definitely noticeably better and in general I can do more per day. I expected to be in pain the very next day as usual. I was not in the least bit of pain the very next day. None. I can only attribute that to 12 days with this book using the lowest level, lowest strength of exercise. 12 Times AND I ALREADY SEE A DIFFERENCE I am in my upper 60s, and except for walking a whole lot, I am exercise averse. Yeah, I stated it, it feels great! Pros: Exercises start at the cheapest level possible and get to more difficult levels. I am happy with this book. Confession--I'm 50+ I don't like exercising, however the reality is that at a particular age you realize that your body (without some work) is certainly going on a long slow decline. Among the things I especially dislike about working out is that it all hurts! Great workouts for the older person Great workouts for the older person.. The exercises are on charts which are too small to see and I've a big Fire. Five Stars OK Five Stars readable and do Not with this program. The program is gentle training aimed at people (like me) who don't want or need bulging muscles. Instead, it slowly strengthens core muscles (think abdominal and spine), and stretches and loosens tight muscle groups and tendons. The exercises could be strenuous, but you're encouraged to start at a slow pace and focus more on type than repetition. Slowly, over time, the workout that seemed challenging on the first day seems very manageable through the 2nd week, and actually feels *good* following a month. I also feel that I can carry a lot more fat. I was hoping for a thing that I hadn't seen before, but the majority of the exercises were stuff I've already done. Most of the exercises as shown won't be able to be achieved by 55-75 calendar year olds, which includes me even with my lifetime curiosity in fitness. I didn't think it is helpful. Therefore, I am not really in great form but I am slim. I offer you this background information only to help you determine if that is a good reserve for you. Interesting undertake exercise for primary strength that is supposed to be for 50+ year olds, but in my opinion is only partially usable for all those folks. The 1st levels start with no equipment required (I purchased a yoga exercises mat because I work on a tile floor). Photos show some young looking models here therefore take this with a grain of salt. I examine it once and sent it to the library. It is possible to choose between equipment free exercises and some minimal apparatus exercises, e. Knopf provides other books that may/may not really suit our age group better, but also for me this one didn't ring the bell. I ain't dead yet. 50+ not really a consideration- same primary exercises in every core exercise book. In addition I do not hate doing the exercises. Exercises include two types: (1) No apparatus needed and (2) exercise ball needed. The book provides step-by-step instructions with photos which will make it's easy to understand how they must be performed. Cons: Primary exercises appear to be pretty much the same and the exercises in this book can be found in just about any beginning core exercise books. The info looked good though so if interested but a physical book Good for a novice to exercise This is just okay for me. Finally, you can get these same exercises for free online at the numerous health websites. So, in the event that you currently have a core exercise book, It is advisable to use it and,

if you would like to save money and still obtain the exercises just search for core exercises online and check out the many websites that offer them with instructions for free. book not quite what it was reported to be Some of the exercises are simply what I wanted but overall the book has a lot of things that may be for 50+ but not for 70+ (that is me).In case you are 50-65 and in reasonable shape you may find this book best. More than 65 and in fair shape it is so-so. I am in realistic shape and found many outside my range + there's way too many words about other things. Keep It Moving Doing a few of these exercises every day seems to keep carefully the the joints and muscle groups from entering into rigor mortis. Nothing new here. I went out to do an hour's worth of yard clean up this weekend, which generally involves a substantial amount of heavy lifting which weekend was no exception. I was looking for a book that could teach me some new ways to exercise your body that I have now, with two types of arthritis and a few other joint ailments as well. Review Clear and straight forward easy to understand. The reduced impact, no endurance required and capability of the bedroom ground make this a sensible way to begin of a day. DO NOT BUY KINDLE VERSION!., using a balance ball. There is nothing special here for folks over 50 years since most beginning primary exercise books possess the same exercises and in addition utilize the same gradient approach to achieving the complete stance and good thing about the exercise.And when you're ready, it is possible to move up a level and discover yourself challenged all over again. However, in the event that you havent been into working out and do not really know much about what to accomplish and how exercise affects the various muscle groups, you then might enjoy this book. The equipment needed for the higher levels is usually minimal... I don't need a six pack (those are in the fridge). Still looking. Kindle edition is fine. The Kindle edition displays perfectly on my Kindle Voyage. Basic and easy to inderstand Just got this but simply because I'm looking through it it seems clear to see. Guess actually performing the exercises is following! It is possible to end of in pain the next day and you don't want to exercise. They don't really take a large amount of period, and seem easy at first, but they're certainly doing something. arrived in good shape. Thank you Item as described, arrived in good condition. Many thanks. I do have to tie my shoes, pull a weed and press a shopping cart software. Good explanatory photos. And I found it. Just what I was looking for. Two Stars Another little bit of fluff.thus you put it off and the next thing you understand, months have passed.



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