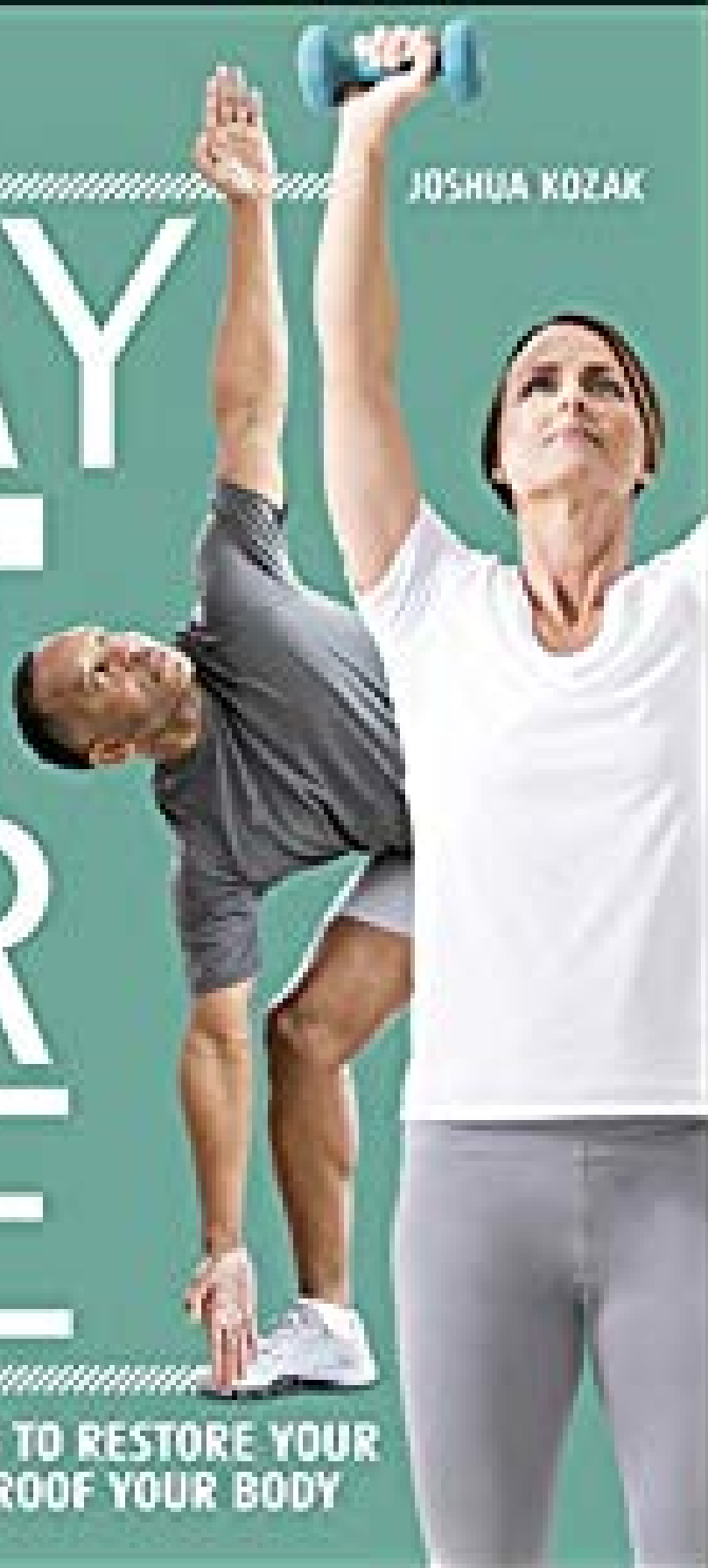


DK

JOSHUA KOZAK

STAY FIT FOR LIFE

MORE THAN 60 EXERCISES TO RESTORE YOUR
STRENGTH AND FUTURE-PROOF YOUR BODY



Joshua Kozak

Stay Fit for Life: More than 60 Exercises to Restore Your Strength and Future-Proof Your Body



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They say 50 is the new 40; Future-proof your body and restore power and balance to your everyday motion with 62 functional exercises, targeted workout routines, and three four-week fitness programs. A streamlined functional training program specifically for the baby boomer generation. well, make that a truth! Unlike traditional resistance training that targets isolated muscle groups, the compound movement exercises in Stay Match for Life engage multiple muscle groups simultaneously, equipping people of all fitness levels to lead more vigorous, dynamic lives for years to come. Stay Suit for Life empowers you to move with more ease and effectiveness when performing functional motions such as for example bending, twisting, pushing, pulling, and reaching, to make everyday actions such as for example running, gardening, or playing with grandchildren both less complicated and more enjoyable.



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Stay Fit for Life provides quick exercises for old, rehabbing or sedentary adults with little additional equipment required. There are adjustments for most to create them easier or more difficult. For instance, posture. Most of the exercises also include a seated choice. The pictures clearly show how exactly to correctly perform all the exercises. On top of that the only tools needed are a set of dumbbells, floor mat, seat and stair step. Nevertheless, when you actually start performing them you quickly realize that getting started at level 3 is overly enthusiastic even if you are fit. With 62 exercises, 20 routines, and three levels of fitness applications, Stay Fit forever covers all areas of older adult fitness. 5 stars! Helpful and based on real life, not Instagram models I really delight in this purchase as it provides new ways of movement to learn, programs to benefit from, & most importantly (or in least to myself) uses ordinary people to demonstrate and model the exercises. The abilities include improved posture, better strength, increased balance, better mobility, and more endurance. Many exercises hit more than one of the abilities. The introduction of Stay Fit for Life includes some motivational facts such as every minute spent exercising after age 39 increases live span by 7 minutes plus some frightening ones such as US emergency rooms treat an older adult for a fall every 11 seconds. The photos and clear instructions make it extremely doable. The fitness programs each include a month of exercise routines with two days of rest each week. Day time 1 of the newbie's program only takes 12.5 minutes so it is hard to use insufficient time as an excuse not to start working out. Stay Fit forever is indeed great that I've already pre-ordered a hardcopy from Amazon. I especially appreciate that the exercises are practical using multiple muscles. Each exercise claims which of five abilities it can help the user to attain. Because of the publisher, DK, and Netgalley for a sophisticated Kindle duplicate. This fits the costs for me. Wonderful book for seniors and others that desire to improve their functionality Excellent book for the aging workout trainee. I liked it so very much I purchased it in paperback! I am thinking about many regions of fitness that the book covers. I have tried the exercises in this region and they'll challenge your muscle groups, and for me, offer the opportunity to really improve your posture. There are other areas covered, i. this book contains 60 exercises aimed at keeping seniors fit forever., speed, agility, power, cardio fitness and others. A comprehensive exercise book for all of us baby boomers. But so many of our senior citizens have a vital and necessary have to improve our functionality. But for any workout trainee this publication provides significant benefits for everyone, youthful or older. Would recommend to anyone wanting a better life! There is also a section that provides a standard training program. Since I only recently received the book, I've not tried nearly all programs but I fully intend to do so. Kudos to whomever produced this gem. Interesting book, the exercises are deceptively easy at first glance. Thanks so much Coach

Kozak, for your helpful response and reserve. This book is easy to check out, and the exercises seem sensible. I did so and he answered me back again immediately with very helpful advice. Many exercises don't require any other thing more than some work. The exercises get the job done. They certainly are a bit weighty on the low back though. Within the Hasfit tribe, I could attest that Mentor and Claudia really do walk the walk when it comes to fitness. Since you just possess a 10 second break between exercises the suggest is to possess a large amount of page indicators ready. And for those interested mainly in strength, the publication provides great exercises. This book is easy to use because it is layed out simply and nicely. They target every single body part and offer the reader with different exercises to accommodate their fitness level. Coach Kozak also breaks down the benefits of each workout (and exercise in general) and what muscle tissue they benefit. The just annoying thing is that you have to leave through the whole book constantly to find your workout. These are practical and very clear instructions on how best to become match or maintain a suit lifestyle. Also has predefined fitness plans for specific amounts and goals. Thanks Mentor! You're killin' it! Detailed, thorough, and beautifully produced We am 80 years old and over the years have belonged to many gyms, have had numerous personal trainers, and also have bought countless workout books. If I had had this reserve ages ago I could possess dispensed with all of that. I am now working my method through the Beginners' Program at the end of the publication. There is even a quick six workout self-assessment test to look for the reader's fitness level ahead of beginning a fitness program. It is highly recommended for anyone who hasn't exercised in years and wants a cheap, fast and simple way to start. Another totally useful area is normally that the writer has a website under the HasFit website which allows you to ask him questions. the reserve will do that but takes a commitment to remain with this program, Most folks willing to commit to this program are already committed to other programs. I use the exercises and the programs in the book along with my strolling program, and Personally i think better than ever. Gary Great workouts, lots of page turning. It kicked my butt the first two times, but I stuck with it and felt great after a week. Trust the rave reviews. They're for real. Intelligent fitness This is a smart, yet easy read regarding updated evidenced based optimal wellbeing. Both Coach Kozak and wife Claudia live these concepts in being toned and share their like of living existence to the fullest.. I highly recommend this for all those that like to get offline at times and take issues slower now and again when exercising and believe in terms of long term health and not only what the level says this week. This is simply not to say that the book would not be useful for just about any workout enthusiast, beginner, intermediate or advanced. Have . Every fitness level is respected.. A thorough exercise book for us baby boomers. Have to flip through a whole lot of pages originally until you learn the

exercises, but are certain to get easier as you learn them by carrying out them. Totally awesome book for those that want to start at THEIR level and improve What I love concerning this reserve is that it offers you an assessment and teaches you what exercises to do to strength. Plus they have little inserts on how best to make the workout much easier and harder. Wow! Amazing book. Just what I need. And exactly the thing you need no matter what level you are currently. I am really impressed with Mentor's skills and I intend to purchase more of the to provide out as Holiday presents. Highly recommended. Good Helpful this book contains 60 exercises targeted at keeping seniors ...e. Wow one week in and I cannot stop singing this book's praises This book is really working for me. Five Stars its an excellent general reserve, jot too deep in knowledge but best for beginners



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