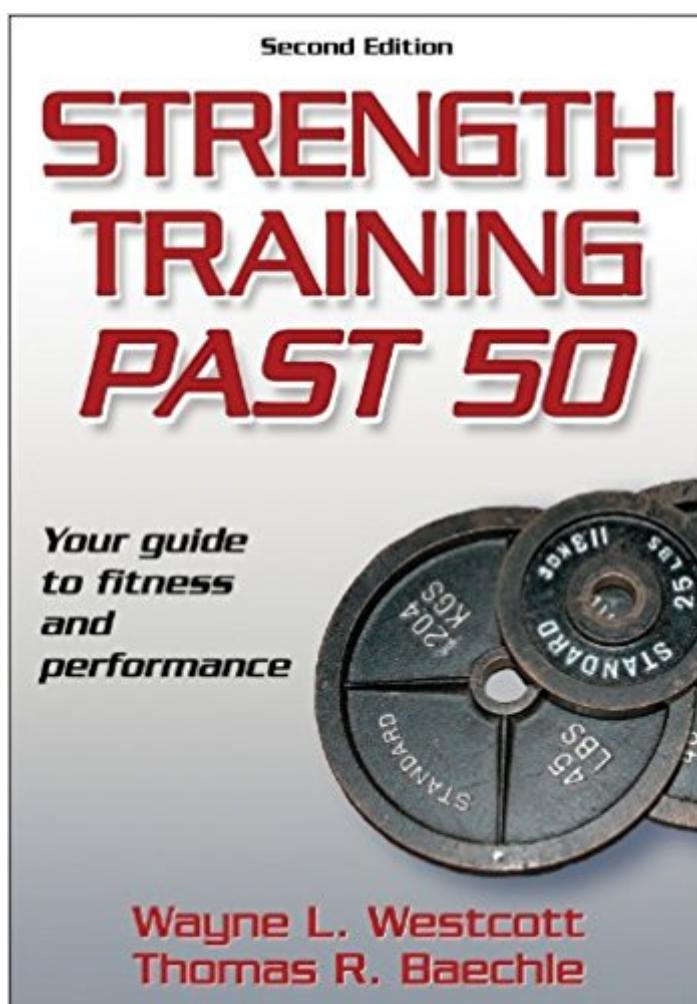


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# Strength Training Past 50 - 2nd Edition (Ageless Athlete Series)



## Synopsis

Increase your strength to improve your health, your appearance, and your performance with Strength Training Past 50! Strength training has numerous advantages for the active adult, including enhanced athletic performance and reduced risk of disease, including decreased symptoms of arthritis, diabetes, and osteoporosis. Strength Training Past 50 has everything you need to start enjoying these benefits or to jump-start your current routine:-63 exercises for both free weights and machines-14 workout plans for increasing size, endurance, and strength -Sport-specific programs for running, cycling, swimming, skiing, tennis, and golf-Eating plans for increased strength gainsStrength Training Past 50 will keep you active, healthy, and looking great with workouts and programs designed just for you!

## Book Information

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## Customer Reviews

Strength training is an equal-opportunity exercise system; studies show that anyone who tries it can benefit. Muscle loss is inevitable through the years if you're sedentary. But no matter how old you are when you start, strength training has nearly immediate benefits: more muscle mass, more strength, less fat. This book gives older exercisers all the information they need to get started, including advice on testing for strength and how to pick a qualified personal trainer. --This text refers to the Digital edition.

""Wayne Westcott's and Thomas Baechle's advice is cutting edge, medically sound, and is the key

to staying active and feeling healthy long after you've turned 50. It is just what this doctor ordered,"" Nicholas A. DiNubile, MD- Orthopaedic Consultant to the Philadelphia 76ers and Pennsylvania Ballet- Author of "FrameWork" and Executive Producer and star of PBS special, Your Body's FrameWork "Dr. Wayne Westcott has, once again, outdone himself, presenting in an easily understandable style the principles of safe and effective strength training for seniors. The importance of this aspect of fitness training for the older population cannot be overstated. Improving health, strength, and fitness while enhancing function and avoiding unnecessary injuries through strength training are particularly important in this age group. We once again applaud the latest effort by Dr. Westcott, one of the leading authorities on strength and fitness," Lyle J. Micheli, MD Clinical Professor of Orthopaedic Surgery, Harvard Medical SchoolO'Donnell Family Professor of Orthopaedic Sports MedicineDirector, Division of Sports Medicine, Children's Hospital Boston

The title of this book reflects the contents very well. As long as you have a good working knowledge of up to date safety recommendations and practices, (there are some out-dated photos of seniors don't knee bends where their knee goes way in front of the foot, instead of the modern squat) then the detailed charts and suggested progressions for strength training are really useful. I brought it in to convince some of my strong seniors to let go of the darn 4 pound weights and choose something higher! I think this would be particularly useful for young personal trainers who aren't used to working with seniors, and therefore tend to baby them, which is something I see a lot of, and cheats the senior out of potential benefits. Perfect for working with seniors who come to a fitness center, and setting the bar at a safe and challenging level. I'd want to do a lot more specialized training before working with frail populations, but it's perfect for my healthy 50-79 year-old group ex class.

Being at the point of going on 70 I found this book highly enlightening. I have always enjoyed exercise but as I aged it became more difficult. I particularly had to try to compensate for joints weakened by arthritis and, in the case of my knees, torn meniscus cartilages from injury in my Kempo Karate training (I've been out for 2 years now and trying to get back). This book has given me information on the equipment I had forgotten and provided sound and easy to follow/use training routines to build up the strength needed by an old guy like me to maintain stability in every day endeavors. On top of that, the routines have helped get me back into shape/condition to push harder for that return to training at the dojo. But, as good as the programs shown are, DON'T FORGET A GOOD AND NUTRITIOUS DIET.

This manual is a very comprehensive outline of how & what to do when entering a strength training program, as a senior. It covers basic weight training, and the correct process. I am beginning to take on the discipline of strength training, 6 years after a near fatal brain hemorrhage. I am 63 and have not worked with weights since my teen years. I needed instructions, in addition to special recommendations. I have found both in this manual. I would not hesitate to recommend it.

The book has good instructions, with photos, for a good selection of exercises. It also has a good graduated series of exercise programs and instructions on technique. It has serious problems for people trying to use it. The kindle edition could be very useful if it had a detailed Table of Contents and/or index, and if it used hyperlinks in the book itself to navigate through the exercise programs to the specific exercise instructions/photos and technique instructions used in each program. It doesn't. I really hope they do some more work on this book and add these navigation aids in an update. I'd give it six stars, especially if the update is provided to people who have already purchased the kindle edition.

Strength Training Past 50 - 2nd Edition (Ageless Athlete Series is a great book to use as a guide for us older folks. In the past I was continually hurting myself, trying to stay fit. Since I have been using Strength Training Past 50 I have lost my love handles, gained 10 lbs of muscle and feel great. I would highly recommend this book, not just to seniors but to anyone that wants a safe and enjoyable training routine.

I just bought my second copy of this book because I like it better than any of my other lifting books. the pictures and descriptions of how to train properly are the best I have found. As a 70-year old granny, it is important to not get injured and to try to be as strong as I can be. This book is great-along with my personal trainer of course. I do think a little more time could have been spent on Dead Lifts and how important they to overall strength, including the core muscles. Of course they are risky if you are not very careful, but definitely worth the effort to do properly.

Yes. This book was exactly as described. I would definitely recommend this book to a friend or anyone wanting to implement strength training into their lives.

I like this book very much because of the many workout routines it provides. I like to go to a different routine every couple of months; or when the mood strikes me to change. And then, if there's an

exercise I don't know how to perform, I can skim through the book to find it. Even though my gym (health club) doesn't have the kind of machines pictured, between the pictures of those machines the book shows and the free weight exercise descriptions I can see how to do a given exercise. I'm 78 years old and so appreciate the rather laid back approach of this book.Bill

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