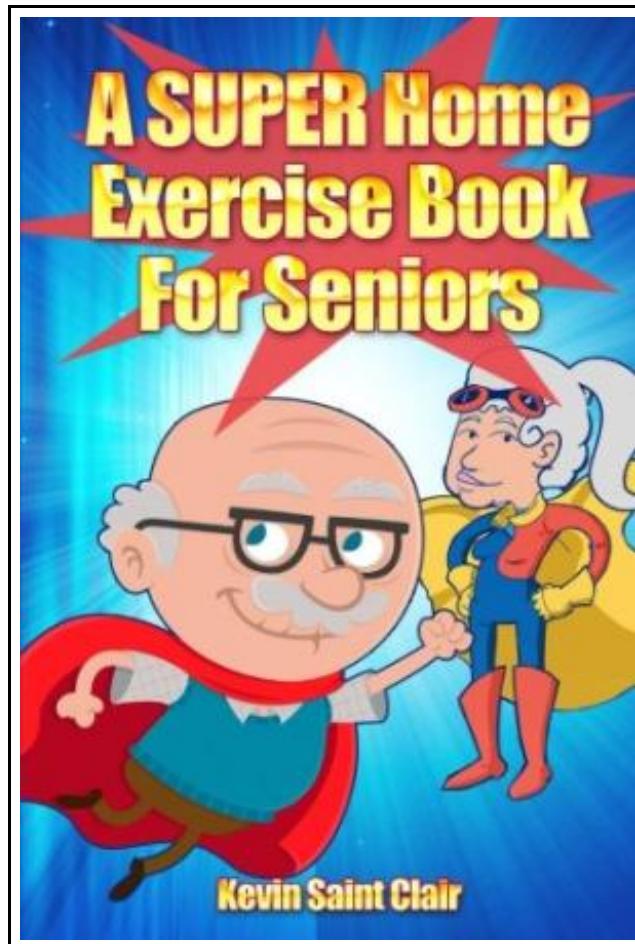


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A SUPER HOME EXERCISE BOOK FOR SENIORS: A HOME EXERCISE ROUTINE THAT REALLY PACKS A PUNCH (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book provides Seniors and people who are aging into their mature years, with some very effective, scientifically based exercise techniques and combines them into a workout routine, which can be performed at home, or in an assisted living facility. This exercise book for aging men and women has a well-rounded workout, which will increase strength throughout all of your major muscle groups. FAST. Having spent a quarter-century studying and applying strength techniques to Athletes, recreational enthusiasts and military personnel, the techniques in this routine are the fastest methods, known to man, to regain and develop strength in certain muscle groups. Members of the U. S. Navy SEALS and other elite members of the Armed Forces currently use modified versions of some of these exercises, when deployed, due to their limited access to exercise equipment. I designed this routine specifically for Seniors, not only for its effectiveness but also for the same reason of possible, limited access to exercise equipment. Seniors and even men women over 50 are aging-in-place now more than ever before and with the routine in this book, they can now strengthen all of the major muscle groups in the body, get daily exercise and noticeable improvements from this routine without having to purchase any exercise or fitness equipment. This is one the most effective exercise books for the aging because it condenses certain revolutionary training principles into a book, for seniors and aging individuals and allows them to use these exercise methods in the privacy of their own home. Exercise is even more important for aging seniors due to the loss of muscle mass, decreasing bone density and other physical limitations among many of them. Aging...

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