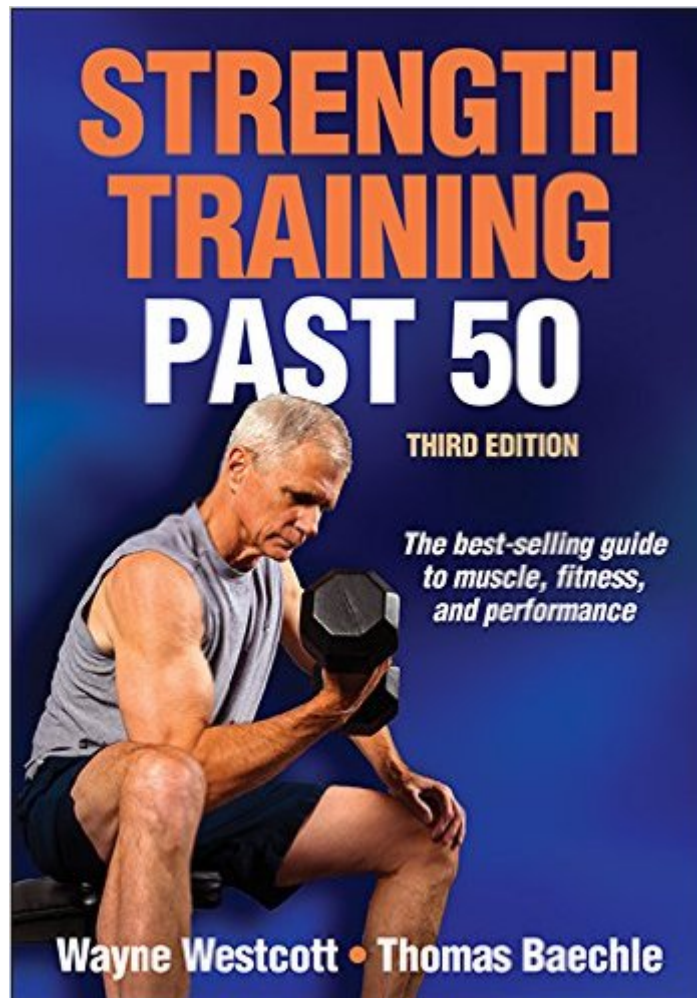


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# Strength Training Past 50-3rd Edition



## Synopsis

Increase your strength to improve your health, your appearance, and your performance with Strength Training Past 50. Strength training offers many benefits for active adults, including enhanced athletic performance, reduced risk of disease, and decreased symptoms of arthritis, diabetes, and osteoporosis. Whether you are just getting started or have been training your entire life, Strength Training Past 50 has you covered. In the third edition of this best-selling guide, youâ™™ll find these topics:

- 83 exercises for free weights, machines, bands, and balls
- 30 workouts for increasing size, endurance, and strength
- Sport-specific programs for tennis, golf, cycling, running, and more
- Eating plans and nutrition advice for adding lean muscle and losing fat

Strength Training Past 50 will keep you active, healthy, and looking great with workouts and programs designed just for you. v

## Book Information

Paperback: 272 pages

Publisher: Human Kinetics; 3 edition (May 4, 2015)

Language: English

ISBN-10: 1450497918

ISBN-13: 978-1450497916

Product Dimensions: 6.9 x 0.4 x 9.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

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## Customer Reviews

Thereâ™™s more technical information here than in most exercise books. This is not a âœœread it and remember itâœ• book. This is a manual with descriptions of how the way you exercise will affect the results you get. Expect to use this book as a reference for what will happen if you changed your routine slightly; or how to change your routine to get slightly different results. The first thing that struck me about this book is that there must be a good demand to warrant a âœœ3rd editionâœ•. After reading through it I can see the attraction in that this book contains verifiable facts, backed by comparative studies on the relevant target audience. No generalizations are made; the authors demonstrate with impressive statistics: which exercises work best (for whichever format you

prefer--free weights, machines, or any alternative equipment), in which order you should do the exercises, how many reps/set work best, how many sets per session, how much time to rest between reps, when/how to breath during sets, how quickly/slowly to do your reps, how many times a week to workout, etc. Every âœtrivialâ • question lâ™ve always wanted to ask is answered here. Depending on how much time during the week you want to devote to exercising they give you a routine for it: a short routine for the most important muscle groups, and longer routines for a more ambitious program (including an Advanced Training chapter, if youâ™re really into strength training and want to know how you can push yourself a bit further and without overdoing it).For what itâ™s worth, what this book does not provide is a strong emotional incentive for working out. Other books lâ™ve read devote as much as half the book to âœstoking you upâ • to pump iron; getting you excited and raring to go.

lâ™ve had a chance to go through the book "Strength Training Past 50, 3rd edition" by Wayne Westcott and Thomas R. Baechle (I picked up a copy in the New Books section of my local public library the other day). lâ™m a pretty fast reader, and the elementary nature of the book, plus the plethora of illustrative photos it contains makes it really easy to shoot through. However if you are new to strength training and need to learn the details, you might want to give this a slower read.To start off with, the front of the book contains a really handy exercise finder chart of exactly what each machine, free weight, alternate equipment exercises work on your body, including whether theyâ™re single or multi-joint.Chapter 1 gives a good introduction on the different benefits strength training provides for people over 50. This should be your motivation section.I wonâ™t go into all the reasons you, the person past age 50, should do some form of strength training, but hereâ™s one startling fact: By the time the average person reaches age 50, generally they will have lost 15 pounds of muscle and gained 45 pounds of fat. This is due to the natural (for a sedentary person) attrition of muscle mass plus the reduction in body metabolism as we age, so itâ™s not that you have to eat all that much more than when you were younger to get to this condition.Donâ™t worry. Thereâ™s hope.Hereâ™s the short list of what strength training can do for an older person.1.Rebuild muscle2.Recharge metabolism3.Reduce fat4.Reduce resting blood pressure5.Improve blood lipid profiles6.Enhance postcoronary performance7.Resist diabetes8.Increase bone density9.Decrease physical discomfort10.

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