

FREE ANATOMY OF EXERCISE 50+ PDF



Hollis Lance Liebman | 160 pages | 01 Dec 2013 | Hinkler Book Distributors | 9781743521120 | English | Dingley, Australia

Exercise | HowStuffWorks

A new addition to the best-selling series, for the burgeoning over 50 population. Studies abound confirming what we all know: Anatomy of Exercise 50+ it or lose it. Exercise of any kind has a profound positive effect on health, longevity, disease prevention and a sense of well-being.

Their revolutionary approach is the combination of photographs and lifelike anatomical drawings that reveal in colorful detail exactly which muscles are engaged and benefitting from each exercise. The book's organization allows the user to approach the exercise according to his or her needs or by the type of exercise.

The contents are:.. These days, it's a safe bet that the weight machine at the gym, the fast lane at the pool, and the hardest class at the yoga studio are populated by exercisers 50 and older.

More than ever before, plusers are achieving unprecedented levels of physical fitness--sometimes even getting into the best shape of their lives.

Studies show that regular exercise really does help you to live longer and more healthily, no matter when you start doing it. Whatever your age, beginning a sound fitness program and consistently Anatomy of Exercise 50+ it can help you look and feel fantastic.

There's a real upside to turning 50 and beyond : Just as you know what's important as far as your career, families, and friends go, chances are you are also aware of your strengths and weaknesses. Armed with sound understanding of who you are, you also know what you want from a workout. Should you strive to improve your balance? Are you hoping to alleviate that tightness in your shoulders, while also whittling your waist?

Do you love your legs, and want to keep them looking great? Drawing on mature self-knowledge, you can make better-informed choices about how, when, where, and why you exercise. And in turn, you discover smarter, more effective ways to achieve well-being.

Consider this book your guide to working out smarter. A smart workout involves a big-picture approach, letting you hone a range of different aspects of Anatomy of Exercise 50+.

A smart workout also addresses small problems before they become bigger ones. And even if none of your muscles, tendons, ligaments, and joints Anatomy of Exercise 50+ feeling strained, sore, or inflexible, exercise can do much to keep them that way. The following pages will give you a comprehensive exercise program, devised with attention to your whole-body anatomy.

The first group of exercises focus on flexibility, while the Anatomy of Exercise 50+ ones improve your endurance. You'll also find exercises focused on posture and alignment, others that target your range of motion, some that strengthen your core to prevent injury, and others that tone. Performed together, these exercises will improve not only the aesthetics of your body how it looksbut also its functionality how it performs.

Alongside each major exercise, you will see an illustration showing the muscles challenged. As you work out, visualize the muscles that are being engaged as your body becomes stronger, tighter, and leaner.

Some of these exercises incorporate equipment--all reasonably small tools that add variety and challenge to the at home workout. Several of the toning exercises call for small hand weights or adjustable dumbbells. You can start with very light, five-pound weights or even lighter substitutes, such as unopened food cans or water bottlesand then work your way up to heavier ones. You will also see two kinds of ball: a small, weighted medicine ball, which is used like a free weight, and a larger Swiss ball.

Also known as an exercise ball, fitness ball, body ball, or balance ball, this heavy-duty inflatable ball is available in a variety of sizes, with diameters ranging from 18 to 30 inches. Be sure to find the best size for your height and weight. Swiss balls are excellent fitness aids that Anatomy of Exercise 50+ work your core. Because they are unstable, you must constantly adjust your Anatomy of Exercise 50+ while performing a movement, which helps you improve your overall sense of balance and your flexibility.

You will see two types of resistance bands, one with handles and one without, both useful in adding resistance to your endurance regime. With each exercise, you will also see a suggested number of repetitions; this number represents a goal to aim for over time, Anatomy of Exercise 50+ don't worry if you can't complete so many reps right away. At any age, working out can be a struggle--and not necessarily due to the running, lifting, and stretching involved.

Rather, we struggle because we have other things going on; our lives are so busy Anatomy of Exercise 50+ demanding that Anatomy of Exercise 50+ hard to find time to devote to exercising on a regular basis. That's where the home workout comes in. Anatomy of Exercise 50+ you've made time and space for your workout, find a timetable that works for you. For example, set aside just ten minutes a day, two or three times a week. Often, earmarking a regular time say, after dinner and space the living room, for instance encourages a consistent workout schedule.

Just as you can build up the weight on your dumbbells, so too can you build up the hours per week you spend exercising. As you get more comfortable Anatomy of Exercise 50+ the workout, devote more time to it to see faster, better results. You may wish to start Anatomy of Exercise 50+ flipping to the section that addresses your goal, whether you want to limber up, tone your arms, or stabilize your core muscles.

Dip into this book over time, and don't be afraid to try something new; you may find an exercise that challenges Anatomy of Exercise 50+ in a new way or discover that you're weak or strong in an area you never knew existed.

Pay attention to what you feel your limits are, and then work toward Anatomy of Exercise 50+ them. We all want to win on the baseball field, keep up with the kids and maybe even grandkidsand look better than ever--yes, really--in that beautiful pair of designer jeans.

Here's to improving your whole-body anatomy through exercise, and to getting better each and every day. Welcome visitor you can login or create an account. Not Available Online. Preface: Introduction : Working Out Smarter These days, it's a safe bet that the weight machine at the gym, the fast lane at the pool, and the hardest class at the yoga studio are populated by exercisers 50 and older.

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Description A new addition to the best-selling series, for the burgeoning over 50 population. Studies abound confirming what we all know: use it or lose it.

Exercise of any kind has a profound positive effect on health, longevity, disease prevention and a sense of well-being. Their revolutionary approach is the combination of photographs and lifelike anatomical drawings that reveal in colorful detail exactly which muscles are engaged and benefitting from each exercise.

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