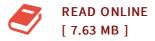




The Seniors Workout: Stretches, Exercises Aerobics (Paperback)

By Dr Larry McConnell

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand ******.Dr. McConnell s book is a helpful guide for older men and women seeking to maximize their physical potential as they age. The Seniors Workout offers a systematic fitness program that addresses the unique conditioning needs of people over the age of sixty. Its series of stretches, exercises and aerobic activity touch the key determinants influencing the physical capacities of seniors as they age. The focus is on helping them to maintain flexibility, strength, balance and aerobic capacity. The Seniors Workout includes more than twenty-five stretches that were selected to maintain flexibility throughout the body and facilitate ongoing balance. Special attention is given to the neck, wrists, back, knees and feet along with specific movements to improve balance. The strengthening exercises are age appropriate with the emphasis on developing and maintaining functional strength rather than bulging muscles. This segment includes a variety of routines with eightpound barbells where particular attention is given to the wrists, arms and shoulders. Aerobic exercise is a key component of the workout program. The advantages and disadvantages are outlined for seven different kinds...



Reviews

It in just one of my personal favorite book. I was able to comprehended every little thing out of this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Isaac Olson

Very useful to all of group of folks. I could possibly comprehended every little thing using this created e book. You wont truly feel monotony at anytime of your time (that's what catalogs are for concerning in the event you ask me).

-- Claire Carroll DVM

Other eBooks



A Parent's Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English. Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...



Readers Clubhouse Set a Dan the Ant (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Karen Stormer Brooks (illustrator). 214 x 149 mm. Language: English. Brand New Book. This is volume one, Reading Level 1, in a comprehensive program (Reading Levels 1 and 2) for...



Ellie the Elephant: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English. Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...



Happy Monsters: Stories, Jokes, Games, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...



Peewee the Playful Puppy: Short Stories, Jokes, and Games! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a children s book that is highly entertaining, great for early readers, and is jam-packed with...



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...