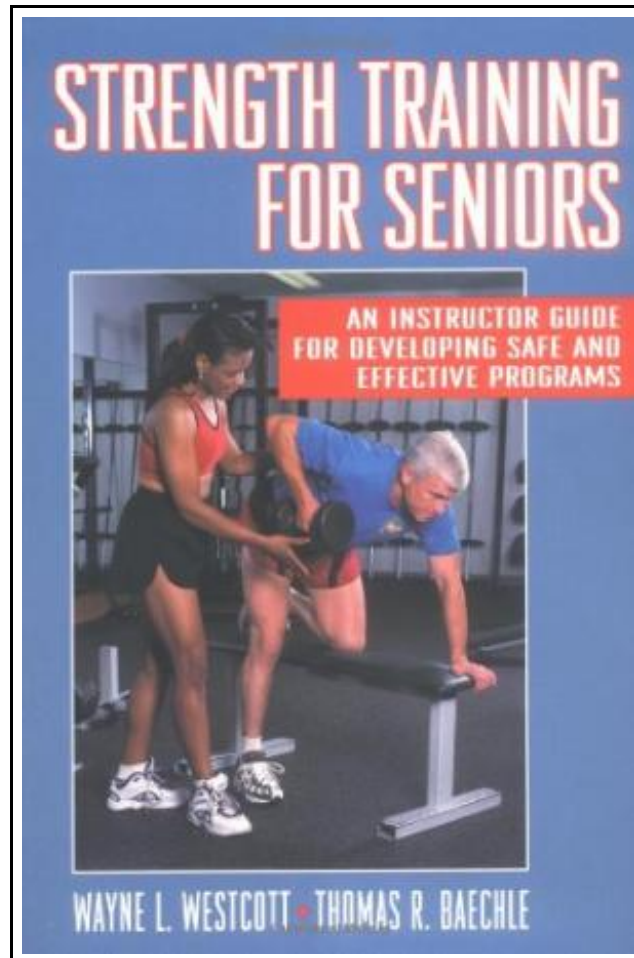


## Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs



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*(Prof. Antone Olson II)*

## STRENGTH TRAINING FOR SENIORS: AN INSTRUCTOR GUIDE FOR DEVELOPING SAFE AND EFFECTIVE PROGRAMS



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Human Kinetics Publishers, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: As the median age continues to rise, strength training programs for older adults are exploding in popularity. Yet despite the increase in demand, there has been no clearly defined exercise protocol for safe, successful strength programs for older adults. Until now. Wayne Westcott and Tom Baechle, two internationally-recognized strength training experts, have written the first research-based guide for instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations who want to help older adults reap the diverse, far-reaching benefits of strength training. Summarizing current research and supplying multiple references for each topic, *Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs* provides all the tools you need to serve the older adults in your community:- General guidelines for senior strength training- Specific teaching strategies and training procedures- Detailed instructions and illustrations for free-weight and machine exercises- Sample 10-week free-weight and machine workout programs- Tips for modifying the programs to meet each client's needs, abilities, and limitations- Alternative exercises using bodyweight and elastic bands- Practical methods for assessing progress- Nutritional guidelines To help you put the information to use, the text includes 14 charts that show each stage of basic, intermediate, and advanced programs, plus blank training logs and an evaluation questionnaire that you can photocopy and use with clients. The authors point out potential technique problems with each exercise, and they suggest solutions to use if those problems occur. Westcott and Baechle also provide important information for working with special populations, including those who suffer from obesity, diabetes, cardiovascular disease, osteoporosis, low-back pain, arthritis, depression, visual and auditory impairments, or general frailty. The need for qualified instructors continues to increase. If you want to gain the understanding and the...

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