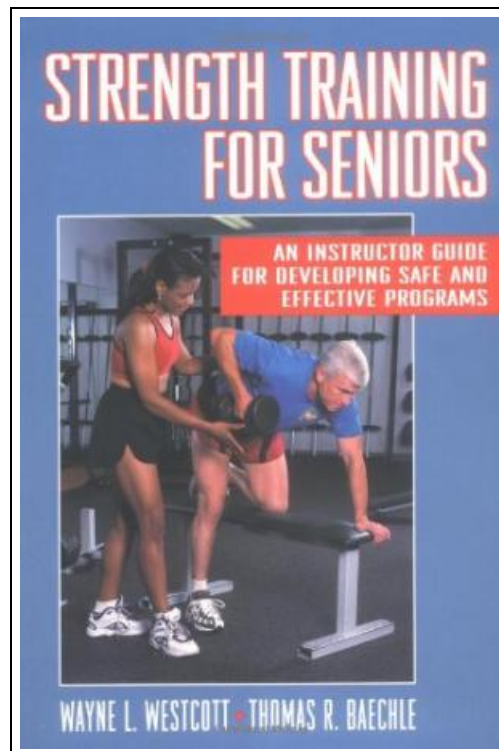


Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs



Filesize: 3.01 MB

Reviews

Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

(Althea Fahey MD)

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

[DOWNLOAD](#)

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...

[Read Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs Online](#)[Download PDF Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs](#)

Other PDFs



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Download Book »](#)



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Download Book »](#)



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Download Book »](#)



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Download Book »](#)



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Download Book »](#)


Pete's Peculiar Pet Shop: The Very Smelly Dragon (Gold A)

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Pete's Peculiar Pet Shop: The Very Smelly Dragon (Gold A), Sheila May Bird, This title is part of Bug Club, the first whole-school reading programme that

[Save Document »](#)


Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually

[Save Document »](#)


Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other

[Save Document »](#)


My Grandma Died: A Child's Story About Grief and Loss

Parenting Press,U.S. Paperback. Book Condition: new. BRAND NEW, My Grandma Died: A Child's Story About Grief and Loss, Lory Britain, Carol Deach, This gentle story is written for the very young. It uses simple, honest

[Save Document »](#)


The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children s lives learn the discovery of God Can we discover God?

[Save Document »](#)