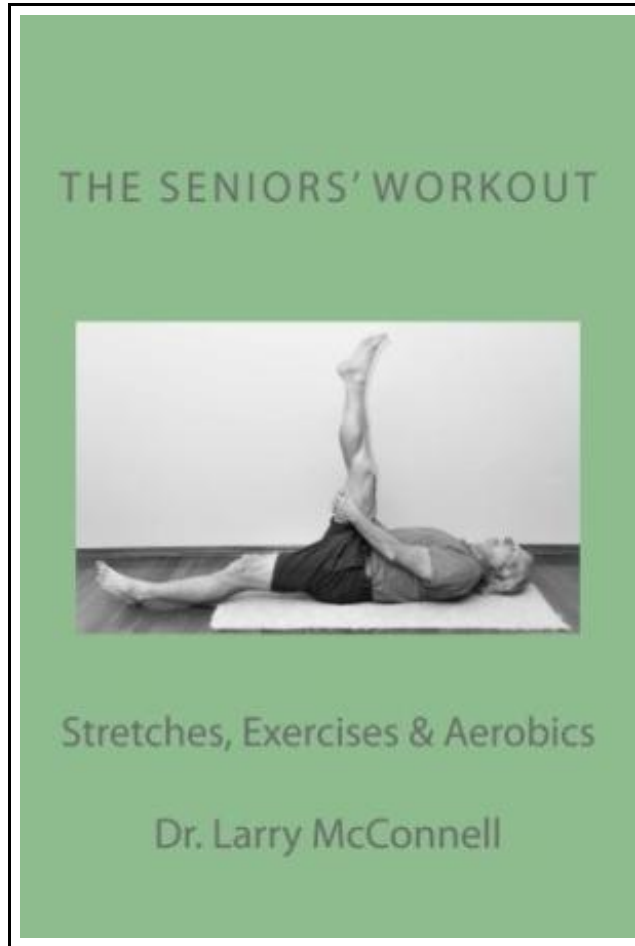


## The Seniors Workout: Stretches, Exercises Aerobics



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*(Prof. Maya Hand)*

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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 eight-pound 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 of aerobic activity. The Seniors Workout includes demonstration pictures for each stretch and exercise to ensure correct positioning and form. It also lends itself to any number of adjustments to suit individual needs. An added feature is the ease with which the program can be carried out in your own home. Most important of all, it is fun.



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