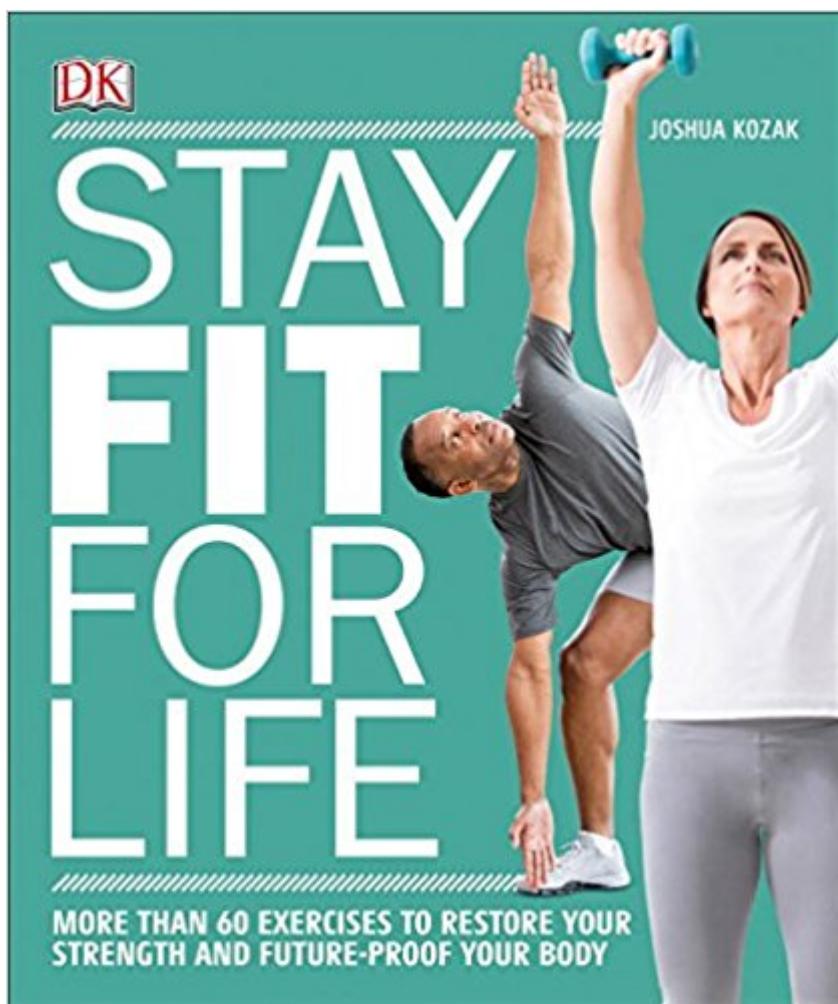


The book was found

Stay Fit For Life: More Than 60 Exercises To Restore Your Strength And Future-Proof Your Body



Synopsis

A streamlined functional training program specifically for the baby boomer generation. Future-proof your body and restore strength and balance to your everyday movement with 62 functional exercises, targeted workout routines, and three four-week fitness programs. They say 50 is the new 40; well, make that a reality! Stay Fit for Life empowers you to move with more ease and efficiency when performing functional movements such as bending, twisting, pushing, pulling, and reaching, to make everyday activities such as running, gardening, or playing with grandchildren both easier and more enjoyable. Unlike traditional resistance training that targets isolated muscle groups, the compound movement exercises in Stay Fit for Life engage multiple muscle groups at the same time, equipping people of all fitness levels to lead more active, dynamic lives for years to come. - Over 60 step-by-step exercises shown with bright, clear photography. - Ability to modify exercises to make them easier or more difficult, including chair exercises and low impact exercises. - Three four-week programs to suit any fitness level. - Twenty workout routines targeting boomer and senior fitness needs--lower back strength, posture improvement, low impact aerobic, and balance and stability.

Book Information

Paperback: 192 pages

Publisher: DK (November 14, 2017)

Language: English

ISBN-10: 1465462759

ISBN-13: 978-1465462756

Product Dimensions: 7.7 x 0.7 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #28,973 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #19 in Books > Health, Fitness & Dieting > Aging > Longevity #356 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

ISSA certified trainer Joshua Kozak is a seasoned leader and motivator in the fitness industry with over 13 years of experience. Through his HASfit brand, he's helped individuals across the globe get stronger and healthier with his highly effective yet simple workouts. Kozak's positive motivational

style has earned him numerous accolades, including being named one of the "Top 10 Trainers on YouTube" by Google in 2014, 2015, and 2016. His HASfit YouTube channel has more than 522,000 subscribers and 78 million views.

[Download to continue reading...](#)

Stay Fit for Life: More than 60 Exercises to Restore Your Strength and Future-Proof Your Body
Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby
Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Get Fit, Stay Fit "You Want Proof? I'll Give You Proof!": More Cartoons From Sidney Harris Everyday Yoga: At-Home Routines to Enhance Fitness, Build Strength, and Restore Your Body Real Fit Kitchen: Fuel Your Body, Improve Energy, and Increase Strength with Every Meal Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Easy High FIBER Recipes: Stay fit and healthy: Use the power of high fiber diet to have the perfect body quick and easy Anti Inflammatory Diet: The Ultimate Diet Guide That Will Help You Lose Weight, Reverse Aging, Eliminate Pain, and Restore Your Overall Health (This BeginnerÃ¢â€žâ¢s ... Fit Forever and Fight Against Inflammation) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) The Proof is in the Pudding: The Changing Nature of Mathematical Proof Fool Proof Outline: A No-Nonsense System for Productive Brainstorming, Outlining, & Drafting Novels (Fool Proof Writer Book 1) Health Smarts: How to Eat Right, Stay Fit, Make Positive Choices, and More (USA Today Teen Wise Guides: Lifestyle Choices) Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) The Practical Illustrated Guide to Furniture Repair and Restoration: Expert Step-By-Step Techniques Shown In More Than 1200 Photographs; How To Repair ... Restore Furniture With Professional Results Allergy Proof Recipes for Kids: More Than 150 Recipes That are All Wheat-Free, Gluten-Free, Nut-Free, Egg-Free and Low in Sugar Fearlessly Fit at Home: Your Personal Guide to Getting Fit

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)