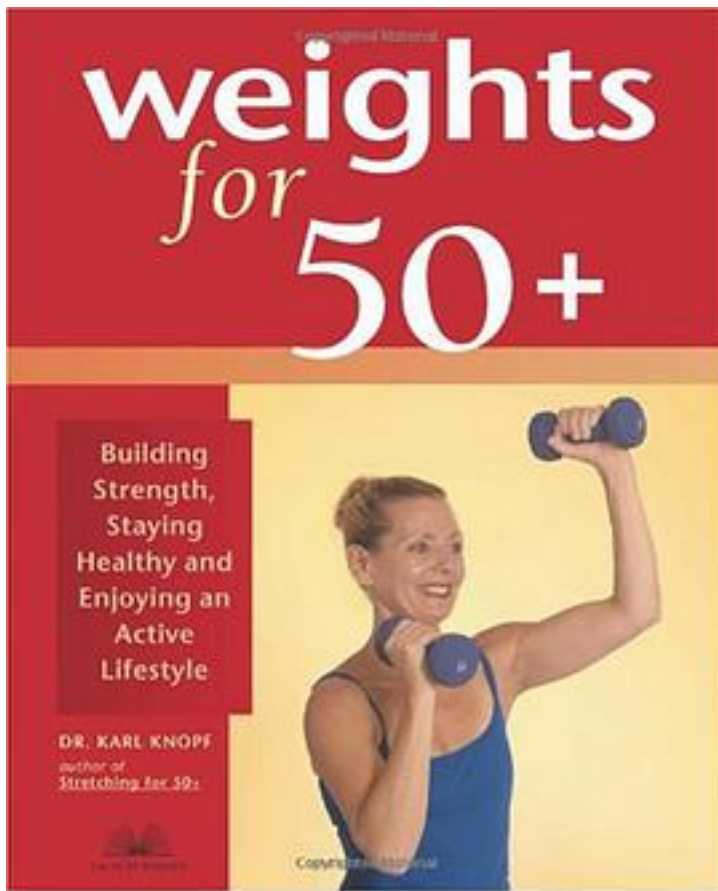


# Weights for 50+



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Weight training is one of the fastest, most effective ways to lose fat, improve muscle tone, and strengthen bones. It also helps guard against osteoporosis, diabetes, and heart disease. Weights for 50+ shows how easy it is for anyone — at any age — to get started with weights. It teaches exercises that are suited to varying ages and degrees of

strength, including super-easy, easy, intermediate, and advanced. The program in Weights for 50+ focuses on the use of small free weights (starting at just 3 lbs.), and includes stretches and release moves — everything readers need to design a personalized weekly exercise plan. Weights for 50+ also describes proper training methods and explains how to achieve specific goals by varying the workout and carefully monitoring the number of repetitions. Last but not least, the author shows how to have fun and enjoy a workout for staying young.

作者介绍:

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