



Strength Training Past 50 - 2nd Edition (Ageless Athlete Series)

Wayne Westcott, Thomas R. Baechle

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Increase your strength to improve your health, your appearance, and your performance—with *Strength Training Past 50*!

Strength training has numerous advantages for the active adult, including enhanced athletic performance and reduced risk of disease, including decreased symptoms of arthritis, diabetes, and osteoporosis.

Strength Training Past 50 has everything you need to start enjoying these benefits or to jump-start your current routine:

- 63 exercises for both free weights and machines

- 14 workout plans for increasing size, endurance, and strength

- Sport-specific programs for running, cycling, swimming, skiing, tennis, and golf

- Eating plans for increased strength gains

Strength Training Past 50 will keep you active, healthy, and looking great with workouts and programs designed just for you!

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