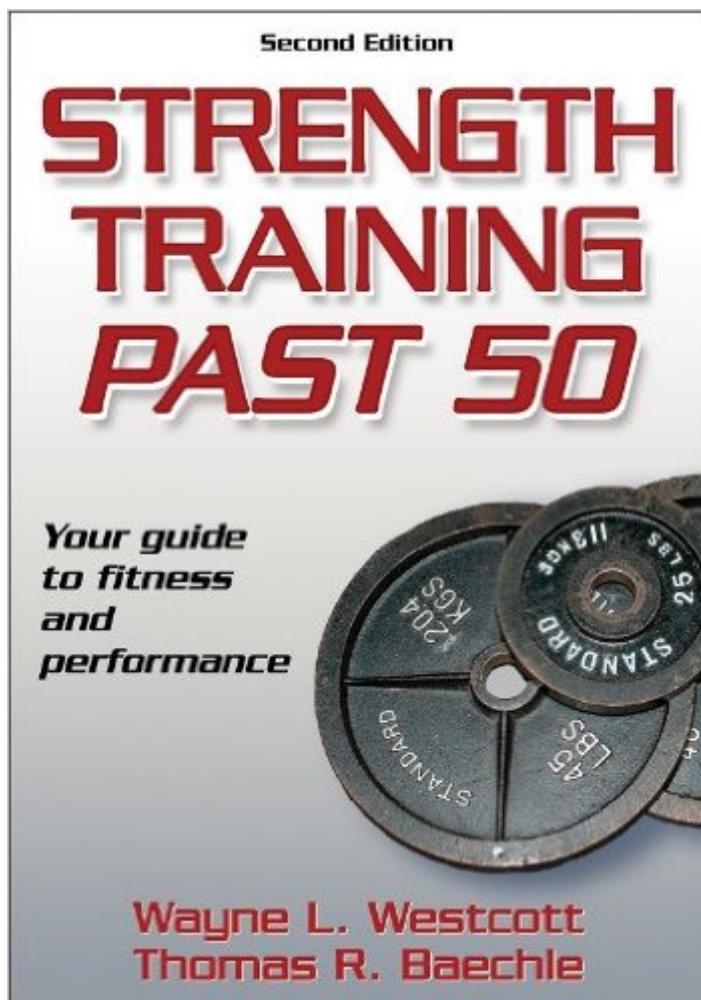


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# Strength Training Past 50 - 2nd Edition (Ageless Athlete Series)



## **Synopsis**

Increase your strength to improve your health, your appearance, and your performanceâ "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 gainsStrength Training Past 50 will keep you active, healthy, and looking great with workouts and programs designed just for you!

## **Book Information**

Series: Ageless Athlete Series

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Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (57 customer reviews)

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## **Customer Reviews**

At 67 I had developed upper back pain associated with spinal arthritis. Upon the advice of a reviewer, I ordered the book, bought some free weights, and immediately began training to strengthen the muscles that support my spinal column. After a month of carefully following the recommended workout schedule, I found myself completely pain free. Although the results are proof of the pudding, I was particularly impressed with the authors' emphasis on safety and their guidance on how to find your point of beginning and to progress without injury. The photos and descriptions of individual exercises were essential in making sure that the exercises were done correctly and to the greatest benefit. In my opinion the price of the book is a gift compared to the feeling of well being

derived from carefully following the given plan, which, by the way, is adaptable to each individual's capabilities and needs.

"Strength Training Past 50" provides the information you need to get started with a strength training program, including - \* Reasons why you should strength train (this section is a great motivator).\* What equipment to buy (if you're doing it at home).\* Which exercises to perform. (This is the largest section. It has a two-page spread format: on the left, instructions for performing the exercises, on the right, photos of ordinary-looking people doing the exercises. It includes techniques using both free weights and machines.)\* Building an effective program. (This section answered one of my questions: how to determine when to increase weights and how to do it.) You can read this book in one sitting. (I skipped the "eating for strength" chapter.) The photos show people using fancy Nautilus machines, which are a far cry from the equipment I use at my down-at-the-heels gym. Unless you have access to the machines pictured, you'll probably need someone at your gym to show you comparable equipment and exercises to do. All in all a good reference book for strength training. I recommend it. (I'm 62.)

Strength Training Past 50 is a very good book and anyone past 50 who has an interest in fitness or has been directed by a physician to lose weight should read the book. The program in the book must be carefully followed, particularly the weight and repetition recommendations. This program was designed for a very broad age range and a broad range of physical fitness levels typically found in adults past 50. Its strength is that it is an excellent introduction to resistance training for those who have not lifted or have not lifted for a significant period of time. If you are 50 or older, male or female, and not an experienced lifter, you may expect to lose weight, gain muscle mass, energy, and a positive self image by following the program in this book.

As someone who is both older and an experienced weightlifter I can tell you that there were many errors in this book. For one thing it did not warn the reader against the leg extensions if he or she has bad knees. They can blow your knees in a heartbeat. It also gave odd weight recommendations. In one area it gave a starting weight of 60lbs. There are few older people who can or should lift 60lb, at least to begin with. But in other areas of the book it used such recommendations as 10lbs, more reasonable but too high for many fragile oldsters. The nutrition area was not current either. But it wasn't bad. Some of the studies it quotes are good and motivational. But you can read those elsewhere. They simply give the many benefits of weightlifting for all people --- especially older

people. And that's a good thing. I would recommend a book like Strength Training Anatomy or a book by Dave Draper or Clarence Bass, both oldsters and great bodybuilders. Beyond that, each person should adjust each exercise to his own limitations and health conditions and not follow any set guidelines. If it hurts, don't do it. There are hundreds of wonderful, powerful exercises you can do that won't hurt you. And you'll build all the muscle and lose all the fat you want. And by the way, there is a wonderful ebook called "Lose the Fat Feed the Muscle" that I recommend to all ages. It's written by bodybuilder Tom Venuto and is about the best book on this subject I've read in a long time. Save your money on this book and buy one that will help you. But whatever you do --- DO LIFT WEIGHTS! It will make you a new person at any age.

**Pros:** A very good intro for boomers who have never done strength training and want to get into it. A lot of other strength training books target an audience who are potential Incredible Hulk wannabees. Excellent recommendations for weight selection, exercise frequency, repetitions, etc. based on scientific studies. Also good training programs targeted for those in the 50+ crowd. But you must keep in mind that the range 50-90 is a very broad range. **Cons:** The discussion on equipment options is very light. I would say it is inadequate. The worst part of the book is the organization of the exercises. They are grouped by the area of muscle exercised - such as Upper Body. Within this group various exercises for machine, barbell, and dumbbell are mixed in together. If you are using only dumbbells, then when following the recommended training sequence of exercises, you are flipping all over the book skipping past the irrelevant exercises. And, no, the exercises are not indexed. I think a further organization of exercise by equipment (or at least a table or index) would have been helpful. Overall, though, the book is a big help for someone like me (fifties) just getting into strength training. A couple of more good books covering equipment and a wider range of exercises, and you're all set.

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