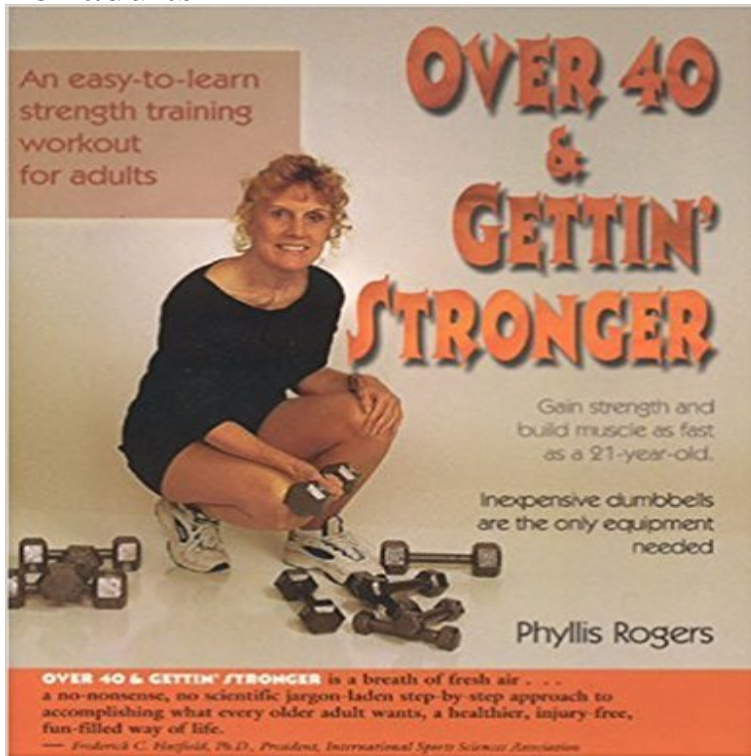


Over 40 & Gettin Stronger: An easy-to-learn strength training workout for adults



This book provides an easy-to-learn, anti-aging strength training workout for adults. It is for adults who want to look better, have more energy, improve metabolic rate, reduce cellulite, fight osteoporosis, reduce symptoms of osteoarthritis, help manage diabetes, improve balance and more. Inexpensive dumbbells are the only equipment needed. The book also contains chapters on assessment, motivation, fundamentals of strength training and benefits of strength training. The author is a Specialist in Fitness for Older Adults who has taught over 1200 strength training classes.

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