

[PDF] The Barbell Prescription: Strength Training For Life After 40

Jonathon M Sullivan, Andy Baker - pdf download free book

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Description:

The Barbell Prescription: Strength Training for Life After 40 directly addresses the most pervasive problem faced by aging humans: the loss of physical strength and all its associated problems - the loss of muscle mass, bone mineral loss and osteoporosis, hip fractures (a terminal event for many older people), loss of balance and coordination, diabetes, heart disease related to a sedentary lifestyle, and the loss of independence.

The worst advice an older person ever gets is, Take it easy. Easy makes you soft, and soft makes you dead. *The Barbell Prescription* maps an escape from the usual fate of older adults: a logical, programmed approach to the hard work necessary to win at the extreme sport of Aging Well. Unlike all other books on the subject of exercise for seniors, *The Barbell Prescription* challenges the motivated Athlete of Aging with a no-nonsense training approach to strength and health - and demonstrates that everybody can become significantly stronger using the most effective tools ever developed for the job.

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