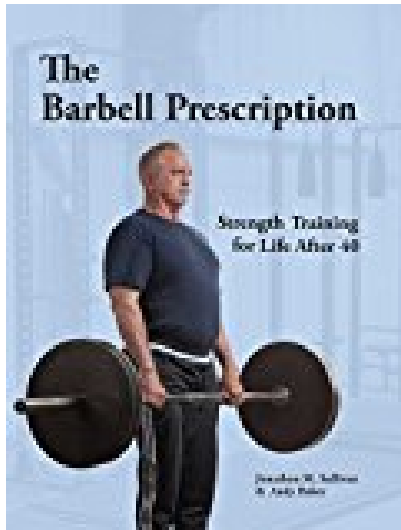


# The Barbell Prescription Strength Training for Life After 40

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## BOOK DETAILS

- Author : Jonathon M Sullivan
- Pages : 384 Pages
- Publisher : The Aasgaard Company
- Language : English
- ISBN : 0982522770

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## **BOOK SYNOPSIS**

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.

### **THE BARBELL PRESCRIPTION STRENGTH TRAINING FOR LIFE AFTER 40 -**

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