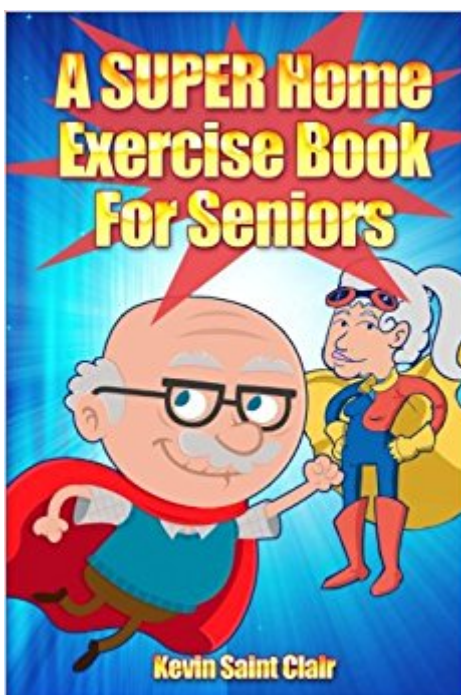


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# A SUPER Home Exercise Book For Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1)



## Synopsis

This book provides Seniors and people who are aging into their mature years, with some very effective, scientifically based exercise techniques and combines them into a workout routine, which can be performed at home, or in an assisted living facility. This exercise book for aging men and women has a well-rounded workout, which will increase strength throughout all of your major muscle groups...FAST. Having spent a quarter-century studying and applying strength techniques to Athletes, recreational enthusiasts and military personnel, the techniques in this routine are the fastest methods, known to man, to regain and develop strength in certain muscle groups. Members of the U. S. Navy SEALs and other elite members of the Armed Forces currently use modified versions of some of these exercises, when deployed, due to their limited access to exercise equipment. I designed this routine specifically for Seniors, not only for its effectiveness but also for the same reason of possible, limited access to exercise equipment. Seniors and even men & women over 50 are "aging-in-place" now more than ever before and with the routine in this book, they can now strengthen all of the major muscle groups in the body, get daily exercise and noticeable improvements from this routine without having to purchase any exercise or fitness equipment. This is one the most effective exercise books for the aging because it condenses certain revolutionary training principles into a book, for seniors and aging individuals and allows them to use these exercise methods in the privacy of their own home. Exercise is even more important for aging seniors due to the loss of muscle mass, decreasing bone density and other physical limitations among many of them. "Aging gracefully" includes a daily plan of some type of exercise activity, eating healthy meals and following a low-stress lifestyle. It is said that people who follow these principles live a more-fulfilled life and aging seniors are no exception to this rule. Exercise has been proven to lower stress, increase muscle tissue, fight depression, obesity and a host of other health problems. Regular exercise is crucial to improve the quality of life among today's aging seniors. Senior men and women now have the knowledge and "tools" to perform a full-body workout at home, which has zero impact on their joints and minimizes the risk of injury, by emphasizing slow and controlled exercise movements.

## Book Information

Series: Senior Fitness Series

Paperback: 70 pages

Publisher: CreateSpace Independent Publishing Platform (October 8, 2013)

Language: English

ISBN-10: 1492742953

ISBN-13: 978-1492742951

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.3 ounces

Average Customer Review: 3.4 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,387,335 in Books (See Top 100 in Books) #95 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #16317 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#)

## Customer Reviews

Kevin Saint Clair is a Strength Specialist who has studied the relationship between the muscles and the central nervous system of the human body, for over 20 years. Kevin has trained champion Athletes, military personnel and also has the pleasure of helping many people increase and improve their functional strength & mobility.

The exercises in this book made a noticeable difference for me within 2 weeks. I am moderately active, but didn't have a regular routine of strengthening exercises. I noticed increasing stiffness after sitting or driving and decided I needed to find something I could/would do for the rest of my life (I'm 57). These simple, efficient exercises take very little time and the admonition to only do them 3 times a week made it a big plus for me. I changed the push-ups from the floor to the wall, stepping back about 3 ft. Maybe in the future I will add to this routine, but for now these are making everyday life easier. Thank you Mr. Saint Clair.

Book is simple, easily understood, and has some sound yet effective exercises for me as, yes, a senior. 83 and still enjoy exercising. Thanks for writing this book!

I guess the subject matter is ok but the spelling and punctuation is so bad I'm not sure. In at least one place a word is used that makes absolutely no sense in context. If a proof reader was used, he/she should be ashamed. I wish I could have previewed the book before purchasing it.

I had hoped this would be the book that would be gentle enough for me to use to get back in shape, gain some much needed energy (I care for my dad 24/7 - and for over 6 months his time to rise in the morning was between 2-4 am), and give my endeavors to loose weight a boost. BUT...none of

these exercises I was able to do, due to having a chronic back condition. For example - I have not been able to lay flat since 1975 (when I acquired this condition via a careless motorist failing to stop at a stop sign)....I get extremely light headed to lay flat. Well this eliminated these exercises. Most straight back chair aggravate my lower lumbar problem and that sciatic nerve, so I kept turning the pages to find an exercise that would be okay for me to do, without adding to my back problems. AHHHH...walking that is it, but I had all ready returned to walking...still it was good to get an encouraging word from the author of this book that I was trekking on the right track. :) I know many seniors do not have a back problem as problematic as mine....so jump for this book it is well written, clearly illustrated and very encouraging. Oh go check it out with your doctor, if in doubt. Mine thought it might be okay - in fact beneficial - until he saw what the exercises actually were.

Very interesting. Some of the floor exercises are too difficult for seniors. The book is well done.

None

Not much in it

Simple. A at home guide to starting exercise for seniors. All bodyweight but only one routine with little progression. 3/5

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