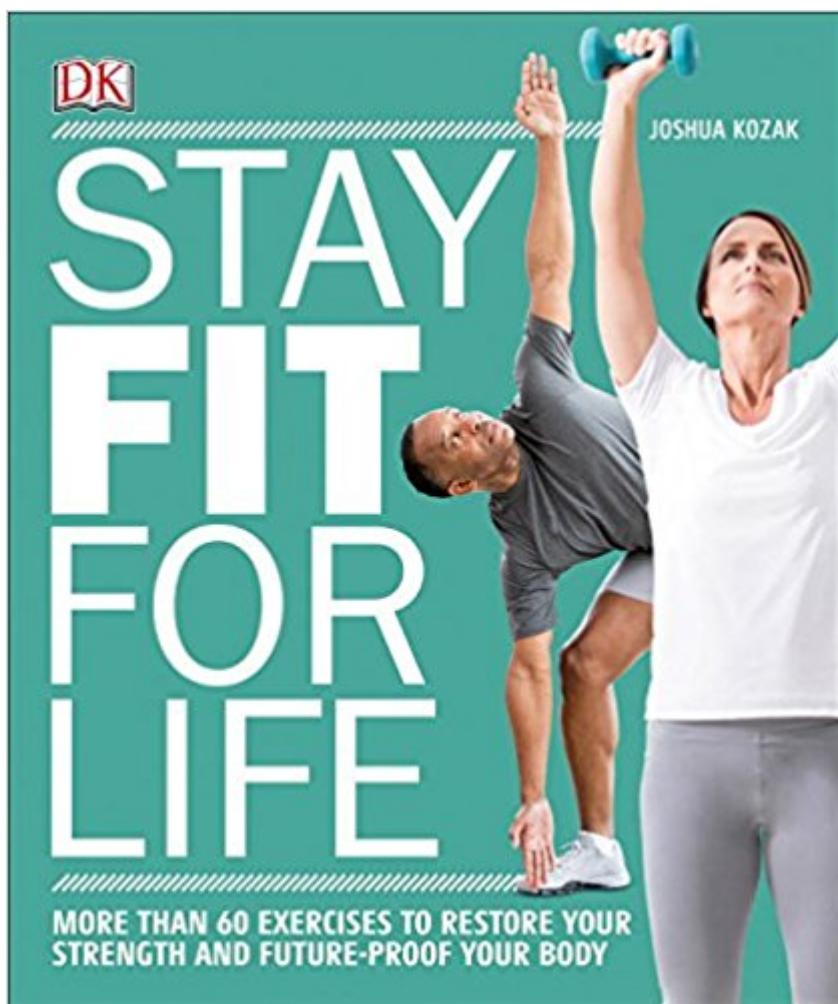


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# Stay Fit For Life: More Than 60 Exercises To Restore Your Strength And Future-Proof Your Body



## Synopsis

A streamlined functional training program specifically for the baby boomer generation. Future-proof your body and restore strength and balance to your everyday movement with 62 functional exercises, targeted workout routines, and three four-week fitness programs. They say 50 is the new 40; well, make that a reality! Stay Fit for Life empowers you to move with more ease and efficiency when performing functional movements such as bending, twisting, pushing, pulling, and reaching, to make everyday activities such as running, gardening, or playing with grandchildren both easier and more enjoyable. Unlike traditional resistance training that targets isolated muscle groups, the compound movement exercises in Stay Fit for Life engage multiple muscle groups at the same time, equipping people of all fitness levels to lead more active, dynamic lives for years to come. - Over 60 step-by-step exercises shown with bright, clear photography. - Ability to modify exercises to make them easier or more difficult, including chair exercises and low impact exercises. - Three four-week programs to suit any fitness level. - Twenty workout routines targeting boomer and senior fitness needs--lower back strength, posture improvement, low impact aerobic, and balance and stability.

## Book Information

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## Customer Reviews

ISSA certified trainer Joshua Kozak is a seasoned leader and motivator in the fitness industry with over 13 years of experience. Through his HASfit brand, he's helped individuals across the globe get stronger and healthier with his highly effective yet simple workouts. Kozak's positive motivational

style has earned him numerous accolades, including being named one of the "Top 10 Trainers on YouTube" by Google in 2014, 2015, and 2016. His HASfit YouTube channel has more than 522,000 subscribers and 78 million views.

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