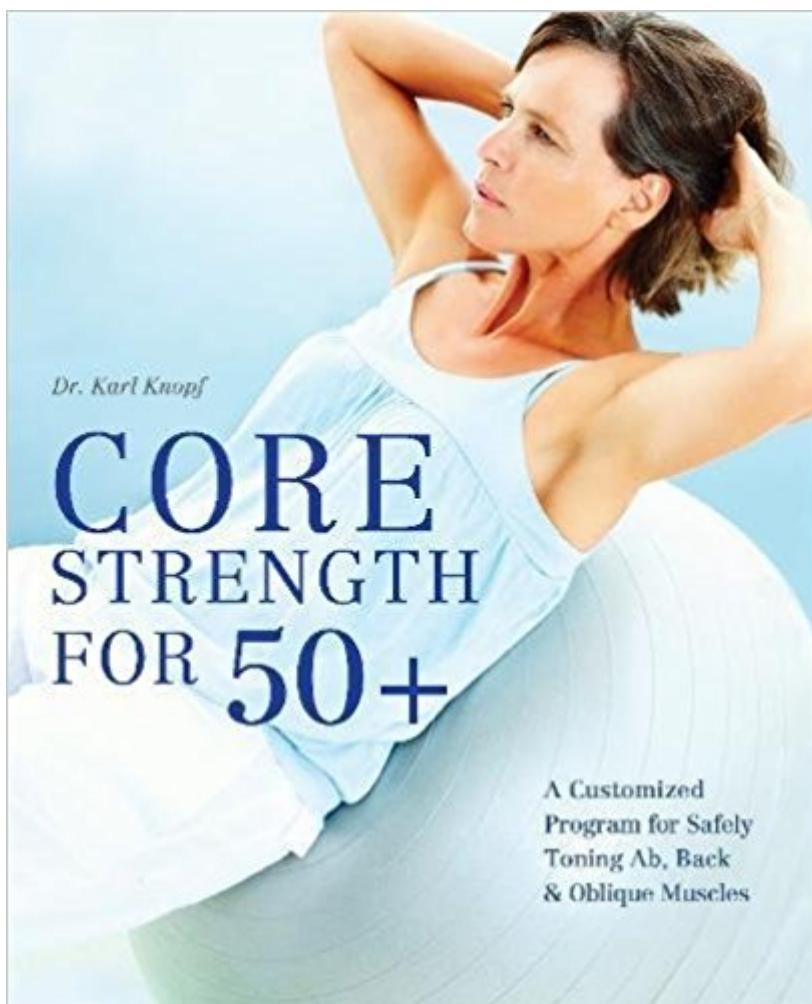


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# Core Strength For 50+: A Customized Program For Safely Toning Ab, Back, And Oblique Muscles



## Synopsis

STAY YOUNG WITH EFFECTIVE, EFFICIENT CORE STRENGTH TRAININGFrom swinging a golf club to carrying a bag of groceries, the core is everything. Balance, agility and youthful stature are just a few of the benefits of a toned and powerful midsection. Core Strength for 50+ has everything you need to:â¢ Improve postureâ¢ Enhance sports performanceâ¢ Guarantee low back healthâ¢ Avoid injuryWith workouts ranging from basic mat work routines to unstable training with foam rollers and stability balls, Core Strength for 50+ provides more than 75 exercises that build and maintain strong muscles in the abs, obliques, lower back and butt.

## Book Information

Paperback: 144 pages

Publisher: Ulysses Press; 1 edition (August 21, 2012)

Language: English

ISBN-10: 1612431011

ISBN-13: 978-1612431017

Product Dimensions: 0.2 x 7.5 x 9.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 81 customer reviews

Best Sellers Rank: #40,718 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Aging > Exercise #510 in Books > Health, Fitness & Dieting > Exercise & Fitness

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I am in my upper 60s, and except for walking a lot, I am exercise averse. Never enjoyed exercise. Never actually felt better after exercise. To the extent I have exercised it was to achieve a goal, e.g., getting in shape to go on a kayaking trip. Well, you see I don't think of kayaking as exercising, I think of it as getting into places I could not otherwise go. So, I am not in great shape but I am thin. I give you this background information only to help you determine if this is a good book for you. There are many levels of exercises in this book and many different exercises at each level. You can choose between equipment free exercises and some minimal equipment exercises, e.g., using a balance ball. I started at the very lowest level with the lowest intensity and without any equipment. I did not expect much. The book told me not to expect too much too soon. But I knew I needed to strengthen my core and whatever I tried before was too hard and/or painful, e.g., pilates. No level of pilates seemed doable given my generally weak core. Mostly, my pot belly, in spite of the fact that I am thin, spoke to me and said I had to do something. I found this book quite by accident. The author's book on stretching for 50+ was advertised in my Tufts Nutrition Newsletter and I have found the books they advertise/recommend to be very helpful. Anyway to cut to the chase. I went out to do an hour's worth of yard clean up this weekend, which generally involves quite a bit of heavy lifting and this weekend was no exception. I expected to be in pain the next day as usual. I was not in the least bit of pain the next day. None. I can only attribute that to 12 days with this book using the lowest level, lowest intensity of exercise. Nothing else has changed. I also feel that I can carry significantly more weight. In addition I do not hate doing the exercises. I am very happy with this book.

Pros: Exercises start at the lowest level possible and progress to more difficult levels. Exercises include two types: (1) No equipment needed and (2) exercise ball needed. The book provides step-by-step instructions with photos which make it's easy to understand how they should be performed. Cons: Core exercises seem to be pretty much the same and the exercises in this book can be found in just about any beginning core exercise books. There is nothing special here for people over 50 years of age since most beginning core exercise books have the same exercises and also use the same gradient approach to achieving the full stance and benefit of the exercise. Finally, you can get these same exercises for free online at any of the numerous health and fitness websites. So, if you already have a core exercise book, I suggest you use it and, if you would like to

save money and still get the exercises just search for core exercises online and check out the many websites that offer them with instructions for free.

Some of the exercises are just what I wanted but overall the book has a lot of things that may be for 50+ but not for 70+ (which is me). If you are 50-65 and in reasonable shape you may find this book right. Over 65 and in reasonable shape it is so-so. I am in reasonable shape and found many outside my range + there is way too many words about other stuff.

The content is excellent. The writer uses an excellent format to relay the material efficiently. Although I'm in my forties, I chose this book because I felt I needed a gentle start-up program since I have not performed core exercises in some years. Pros: \*Easy, effective exercises \*Excellent tips on correct form \*Easy to identify the levels \*Options for exercises with or without props \*I learned a lot from this author and felt the program was very doable. \*The pictures are helpful and inspiring. \*I enjoyed the excellent feedback about the various "props". Cons: \*I read to the middle of the book the first time I opened it. On the first day, a large section of the book pages came unglued all the way across. I was very disappointed as this was a new book, just received from . \*Font is very small even for my eyes and I don't wear glasses! (The Kindle version may have been a better choice given these factors.) \*Another reviewer mentions a lay flat design - my book ISBN 978-1-61243-101-7 is in paper format but does not lay flat. \*There were several edit errors, which rather surprised me. \*The book also had confusing instructions with reference to getting started as there was more than one "Level 1". It seems they could have combined both Level 1 pages to make it less confusing. The difference was only a couple of exercises w/ props but I had to flip back and forth and compare to figure out why more than one of the same level. Overall, I still consider this the best core reference book I've read out of many others. I would recommend this book to anyone with concerns of strains, pains, injuries, balance issues and/or just starting out. I am just a little frustrated my copy came apart so easily! If you have the ability to read Kindle on a decent size monitor, I recommend purchasing the Kindle version.

This was just okay for me. I was hoping for something that I hadn't seen before, but most of the exercises were things I've already done. However, if you haven't been into exercising and don't really know much about what to do and how exercise affects the different muscle groups, then you might really like this book. I didn't find it helpful... I was looking for a book that would teach me some new ways to exercise the body that I have now, with two types of arthritis and a couple other joint

ailments as well. Still looking.

Great book with instructions and photos that are simple to understand. Appreciate the attention to the over 50 folks who have to be a little more careful than the younger ones.

Has all the information needed to build up core strength for someone who hasn't been paying attention. Instructions are clear and easy to follow. I just wanted descriptions I could follow easily to build up my core, not interested in looking like Beyonce, Just what the doctor ordered.

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