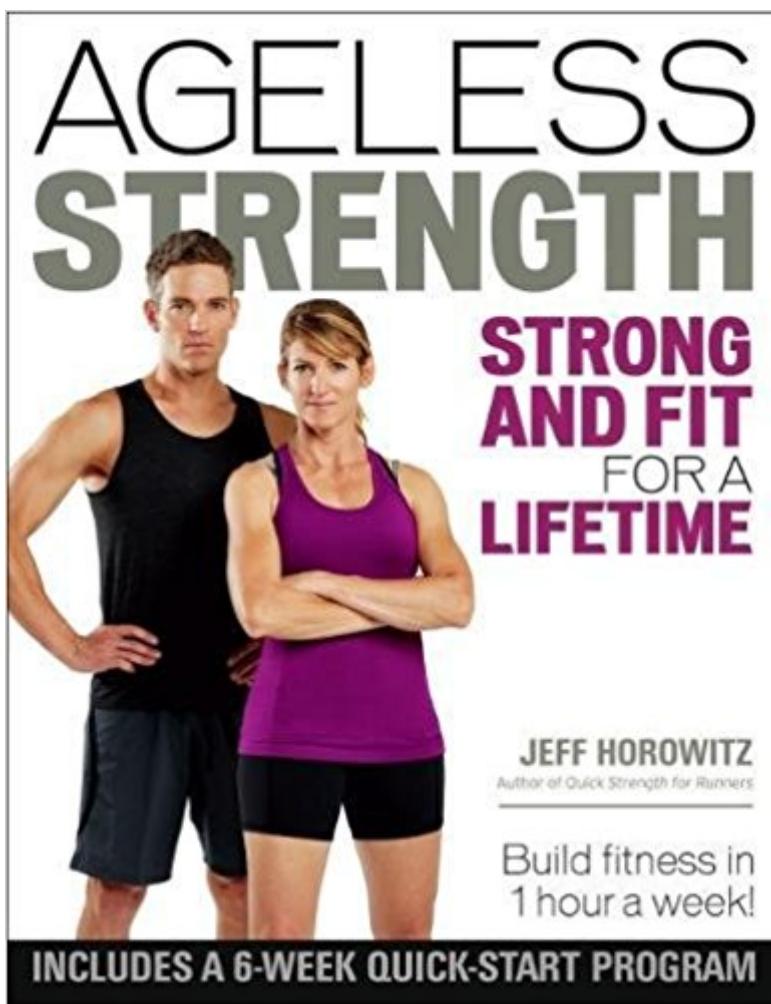


The book was found

Ageless Strength: Strong And Fit For A Lifetime



Synopsis

Ageless Strength shows athletes and active people how to build sustainable fitness for a lifetime of active pursuits. It's a myth that our older years only bring physical decline. While it's true that we lose strength, bone density, and balance, our bodies react the same way to training at any age. The answer is not to go easy on our so-called fragile bodies—that traditional approach of gentle, easy fitness just guarantees loss. The key is to push our bodies in the right ways. A smart mix of strength training can counteract the physical effects of aging—and keep you strong and fit for years. With the program in Ageless Strength, you can get into the best shape of your life at any age. In his proven program, coach and trainer Jeff Horowitz reveals exercises that fight back against the years. His dynamic and engaging mix of 50 simple strength exercises will build strength, bone, and balance—combating the top three physical changes that lead to injury and loss of strength. These effective exercises use bodyweight or minimal equipment so that no gym membership is required. Each functional strength move mimics a real-life motion so you'll know it will help your day-to-day fitness. The 6-week quick-start program will get you up to speed, then you can follow the long-term strength program or select from the color-coded exercises to design your own. In just two 30-minute sessions a week, Ageless Strength offers a simple, effective way to get strong and fit for a lifetime of active pursuits.

Book Information

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Customer Reviews

Praise for Books by Jeff Horowitz "A smart strength-training plan in which runners can learn how to strength their core and key running muscles." • Competitor magazine "when I'm [running] 30, 40,

50 miles a week, the last thing I want to do is squats on legs that already feel like overcooked spaghetti | Jeff Horowitz has a solution. He's been a running coach for more than a decade and is the author of *Quick Strength for Runners*. • Philadelphia Inquirer "Running is a sport of imbalance. At no point are your feet hitting the ground at the same time. This imbalance creates an opportunity for injury. Our bodies have to be strong enough to handle the complex motion of running. If it's not, you won't be running too long | Trusting this program has me running stronger and faster and most importantly injury free." • Amplify Today "The exercise program is ideal for runners whose sole goal is running performance. Runners don't need to lift huge weights or practice resistance training five days per week. What they do need to is to develop a modest degree of well-balanced strength." • BreakingMuscle.com "We all know that strength training is important. I have always said that I should do more strength training, but it wasn't until I started trying this book that I really realized how much it can help me. I started this book before I was back to running, and I believe without a shadow of a doubt that it has had a big impact on my running now. I am stronger, recover easier and have less soreness overall." • LovingontheRun.com

Jeff Horowitz is a certified running, cycling, and triathlon coach and a personal trainer who has run more than 180 marathons and ultramarathons across six continents. Formerly an attorney, he quit law to pursue his passion for endurance sport and now works with at-risk youth in Washington, DC, and around the world. He also coaches Team Hope, a charity fund-raising training group that benefits the Hope Connections Center, which provides free counseling and services to cancer patients and survivors. Horowitz is the author of *Quick Strength for Runners*, *Smart Marathon Training: How to Run Your Best Without Running Yourself Ragged*, and *My First 100 Marathons; 2,620 Miles with An Obsessive Runner*.

This book has a very useful set of exercises that use minimal equipment. Quite well explained. I do think that warm-up and stretches are more useful and necessary than the author thinks they are, which makes me wonder how much feedback he got from elderly (>60) customers. But the user can easily adapt so that is not a big issue. There is a good emphasis on core strength and on balance.

thank you

I used to find it hard to eat right, but then I read what's happening inside the body, and once I understood, it was easy to eat a whole food plant-based diet, which I've done since 2008. It's the

same with this book; understanding the "why" behind the exercises and what's happening inside my body, makes me much more likely to do them, and to do them correctly so I don't injure myself. I really appreciate the point of view that this book promotes, about staying strong and fit for a lifetime and how to do that as we age. The analogies, stories, and explanations are fun to read and the pictures make the exercises easy to follow. Thank you Jeff, your enthusiasm comes through and it's inspiring! I just noticed that the info about the book on [makes it sound like it's mainly for runners](#). I'm not a runner and this plan is perfect for me.

I like that the difficulty of exercises are graduated from easy to hard depending on your progress. Also, only a few pieces of inexpensive equipment are needed, e.g., small weights, medicine ball.

Informative

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