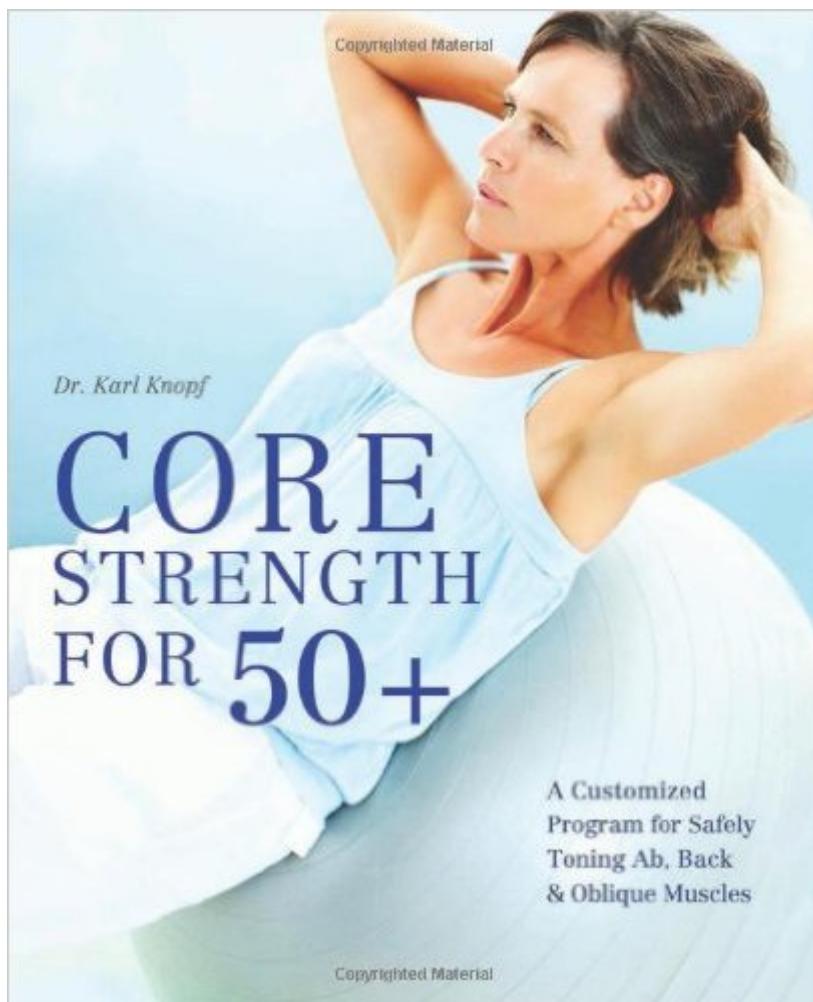


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# Core Strength For 50+: A Customized Program For Safely Toning Ab, Back, And Oblique Muscles



## 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: ¢ Improve posture ¢ Enhance sports performance ¢ Guarantee low back health ¢ 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

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## Customer Reviews

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.

In my 70th year I greatly appreciate Dr. Knopf's book, Core Strength for 50+. The biologically sound principles discussed and illustrated in exercise postures in the book are precisely what I have used to cure seriously painful low back issues. To understand the core muscle system read the excellent discussion of several aspects of the core in the Overview section. This book is not about body building or pumping iron. It's about basic healthy strength to carry out one's daily life with enjoyment and quality. And anyone can find in Dr. Knopf's book simple exercises that can be done at home if so desired. I have read and applied several of this author's books to my continuing benefit. In many ways they have helped me feel under "50+". And I find this one to perhaps be the most essential of all and excellently published by Ulysses Press. Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles

I don't like exercising, but the reality is that at a certain age you realize that your body (without some effort) is going on a long slow decline. One of the things I especially dislike about exercising is that it hurts! You can end of in pain the next day and you don't want to exercise...so you put it off and the next thing you know, months have passed. Not so with this program. This program is gentle training aimed at people (like me) who don't want or need bulging muscles. Instead, it slowly strengthens core muscles (think abdomen and lower back), and stretches and loosens tight muscles and tendons. The exercises can be strenuous, but you're encouraged to start at a slow pace and focus more on form than repetition. Slowly, over time, the exercise that seemed difficult on the first day seems very manageable during the 2nd week, and actually feels \*good\* after a month. Yeah, I said it, it feels good! And when you're ready, you can move up a level and find yourself challenged all over again. The first levels start with no equipment required (I bought a yoga mat because I work on a tile floor). The equipment needed for the higher levels is minimal. I've been using this for a few months and really enjoy and appreciate this program.

+1 star - lay flat binding. It might seem like something silly to rave about, but when you are trying out a new exercise, you want this binding format+1 star - great list of exercises what do not require equipment+1 star - has list of exercises according to difficulty+1 star - great illustrations/models+1 star - ability to scale up or down difficulty of each exercise

I really like this book. First I read it through. Of course, most of it is photos and instructions. But there's lots of information here. The book is laid out with a good beginning, a foundation. You can select five or six exercises and build your workout. You can do 10 reps or 30 seconds. Since I put my workout in Workout Trainer on my iPad, I use seconds. Of course, you're given the option for more reps and more seconds. Once I read it through, I made sure to learn the basic exercises. I knew some of them. But the book made sure I did them right. There are numerous levels of workouts. Some use no equipment. Others use a foam roller or perhaps a couple of them and still others use the fitness ball. The author says that all readers should do the level one workout to start with and that you should then begin at the true level of your fitness so you will be safe. No matter what exercises you do, you will work your entire core. And all levels are very effective. You do not need to use an uneven surface to get a terrific workout, as the author will tell you. But, you do have that option. You choose the exercises you enjoy. If you've got a bad knee or other problems, the author tells you which exercises to avoid. I found the exercises to be safe and effective and fun. You won't find unsafe sit-ups or crunches. You'll find exercises that challenge your entire core and help you develop strength, feel and look younger. Highly recommended. -- Susanna K. Hutcheson

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