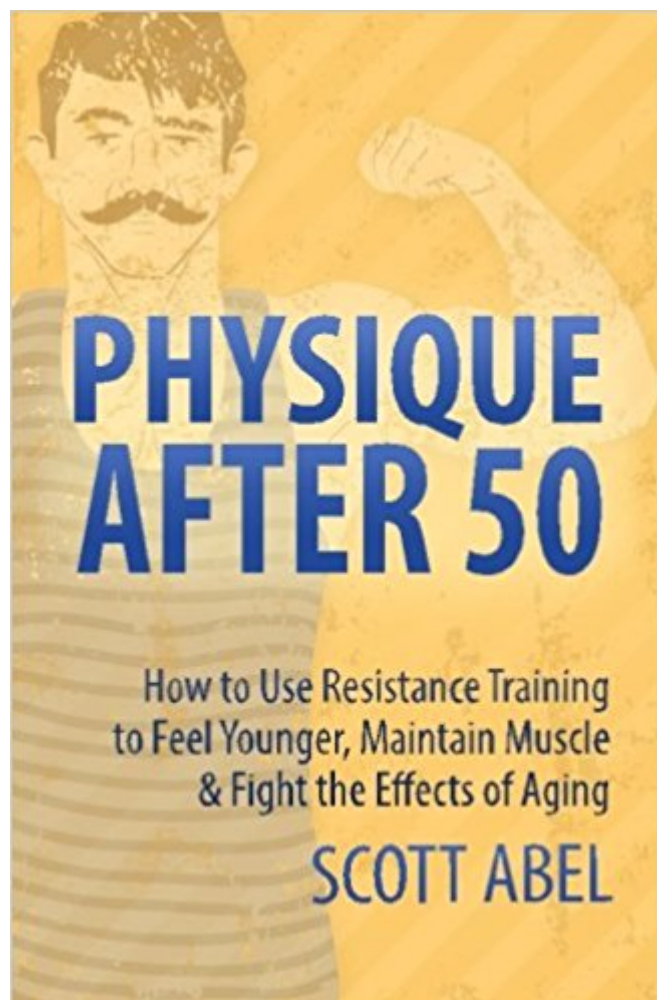




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Physique After 50: How To Use Resistance Training To Feel Great, Maintain Muscle & Fight The Effects Of Aging



Synopsis

Forget settling for the so-called "golden" years. Instead, join the platinum club! Membership is open to anyone, as long as you're willing to take care of your body and your health as you age and as you experience some of the best years of your life. *Physique After 50* argues that physique training doesn't have to end the moment you turn fifty. Aging is an important part of life, and this is the prime of your life. At the same time, as you age there are real physical and hormonal changes going on in your body. Being fifty is not the same as forty, so of course your exercise needs to account for this. Most younger fitness trainers out there just can't appreciate what these aging-related changes mean for you and your training. *Physique After 50* offers real-world, practical training advice from Coach Scott Abel. Scott himself is in his mid-fifties, and has experienced these aging-related changes firsthand, both with himself and with his one-on-one coaching clients. By using smart training strategies (and by leaving your ego at the door) you can look and feel great during what can be some of the most fulfilling decades of your life. You can feel physically younger even as you embrace the wisdom that comes with age. *Physique After 50* book tells you how to do exactly that. *Physique After 50* includes:

- How aging affects your fitness and training, and what to do about it. Three different workout programs geared specifically for the "Physique After 50" demographic. You can choose which of the three programs is right for you depending on whether you are a beginner, intermediate, or advanced trainee. (There is also advice on progressing from one program to the next.)
- Bodypart-specific training • to avoid injuries (especially those "overuse" injuries that are often related to age).
- How to balance rest and recovery with training.
- Forget About It • " what forms of training to ignore or simply stop using entirely as you age.
- What elements of the warmup are more important (and how most people do these things wrong).
- The hormonal realities of aging (for both men and women), and what that means for you and your training.

Buy *Physique After 50* and join the "Platinum club" today!

Book Information

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Customer Reviews

Now in his mid-fifties, Scott Abel has been involved in the diet, fitness, and bodybuilding industries for over four decades. He has written for or been featured in magazines like Muscle & Fitness, Flex, Muscle Mag, T-Nation, and many more. Scott still helps his one-on-one coaching clients lose fat, gain muscle, and sculpt better bodies, but these days, he is also interested in the older demographic, and the very real changes that a proper coach needs to account for!

I looked up one day and noticed I was one of the older people at the gym. I also noticed that some staple exercises hurt more than they used to. The PA50 program makes a lot of sense. Excellent advice, good selection of recommended exercises. Recommended reading.

I read this book and wondered where Scot Abel has been living all his life, it reads like he has been living in Muscle and Fitness Magazine land. I am disappointed that he eschews ALL other forms of physiological development other than his single body weight systems. This is very very old school. He even states that cardio workouts are bad. I call "Bulltwang" on his many issues with all other forms of exercise. Yes it may just work for him but without a healthy heart you are going to die very young. As a positive he does have 3 plans for his program, beginner, intermediate and hard gainer. Read this book with a sceptic's eye. You took my money on this book and I feel robbed.

Coach Scott Abel is one of the best. I have 3 of his books and have passed this book onto clients. He is a gifted coach and really knows his to get "regular" people into the best physique and stamina. I am currently starting his Busy Woman program and love the routine. Highly recommend any of Coach Abel's books or programs. Thanks so much Coach Abel!

He says you should stop using certain exercises and then proceeds to put them in his programs? avoid certain barbell lifts regardless if they don't bother your joints or structure; too much contradiction for my taste.

I bought this book for my husband, to get him started again weight training, after years of little formal

exercise. Yes, it has been a very helpful resource

great options, especially for those unable to train as we used to and frustrated or "lost."update -just completed Scotts w/o for day 1. H-O-L-Y sweat! I'm pretty strong but dialed down the ego and dropped the weight and wow, taxing, but feels awesome. Now for the next 5 days :\

Great insight and perspective on the issues facing the aging athlete. I highly recommend this book to all 40+ men Anand women.

Good practice suggestions for exercise for the AARP crowd. Many great tips on how to exercise without getting hurt.

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