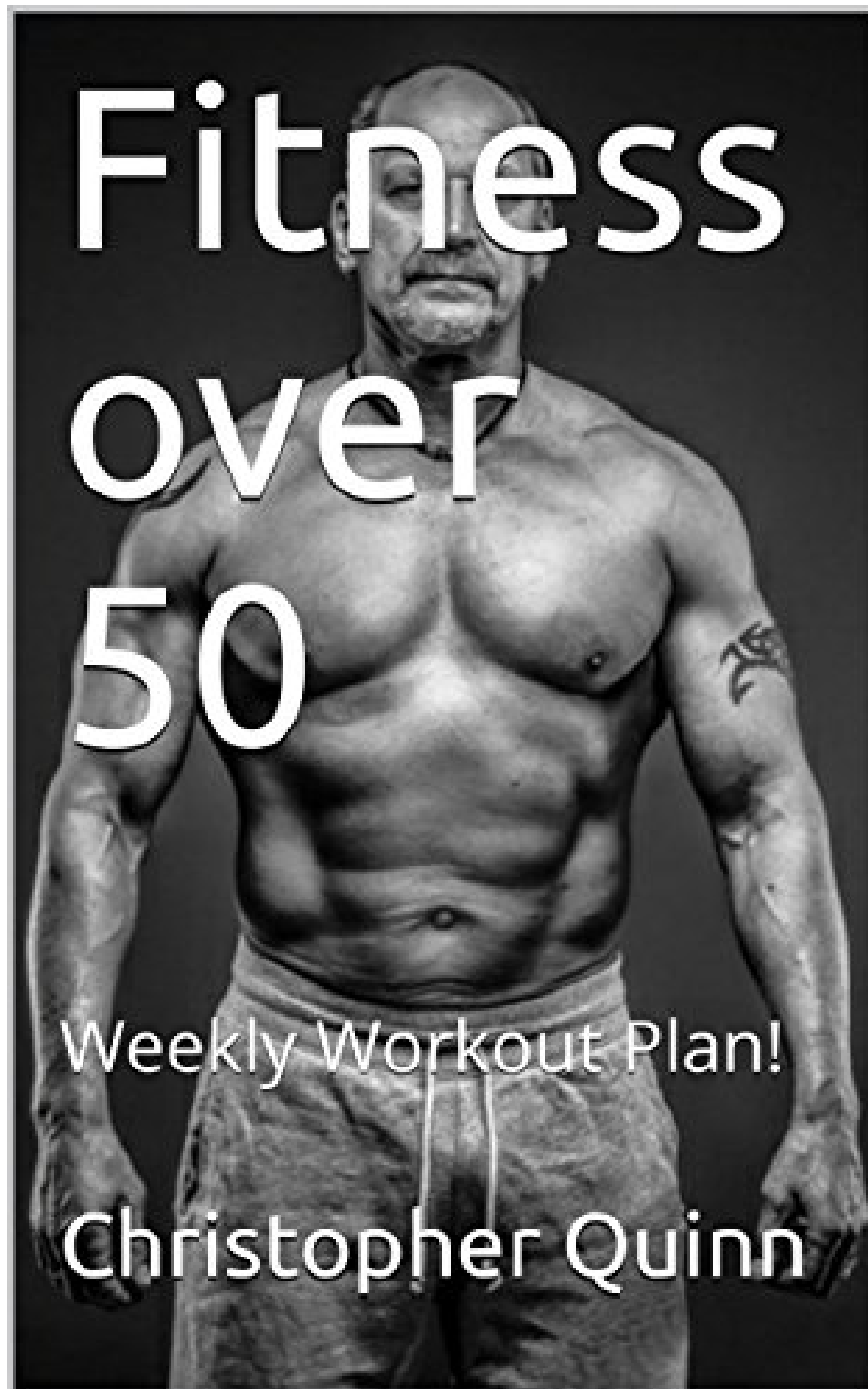


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Are you over the age of 50 and desire to shake things up and become VERY FIT? In this short report we discuss the exact workout that will get you muscular, lean and in the best shape of your life! Even if you are over the age of 50... like me!

Let me guide you as to how I work-out. What I eat. And how I stay lean. If you are over the age of 50 there is no better time to get VERY FIT!! And have the body you truly desire despite your age!!

Fitness over 50: Weekly Workout Plan! by Christopher Quinn

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10 of 11 people found the following review helpful.

It is pretty solid for what it is

By Rich W

Okay, it is a short, quick overview of what is really a minimalist approach to fitness for someone over 50 years of age. I gave it one star for its price. At \$3.00, I would have rated it four stars; over \$5.00 I would have given it 3. It is pretty solid for what it is, no fluff. It is not an exhaustively footnoted, highly-researched scientific report, but the anecdotal experience of the author, which I believe is authentic enough to be believable. I believe it, or a similar workout based on the same broad principles, will work for people over 40 who don't want to spend too much time at the gym and aren't pursuing sports like mma, seniors volleyball, competitive swimming, etc., but rather are seeking to stay healthy, with good muscle mass, not too much bodyfat, a good metabolism, and a healthy heart. And, who want to achieve that without too intensive of workouts--no marathons, no Crossfit or Strongman, no high-risk activities. For those goals, this workout should be effective. It is also intended to make one look "good" in a conventional way, with relatively large chest, shoulder, arm, and upper back muscles. In sum, the weight workout is intended make one relatively healthy and healthy-looking.

The aerobic work is pretty simple and also low-intensity, which should make it accessible to most people, or at least part of it--it calls for devoting an hour a day, four or five days a week to it. I don't recall him mentioning it, but certainly 20 or 30 minutes would be pretty good if an hour is too long for a beginner. The dietary guidelines are pretty good as well, and also should be workable for anyone who seriously wants to keep themselves at a healthy weight.

I should add that the author mentions some injuries, especially back surgery and knee problems from running a lot when younger. This is probably why there is no low back/hip/leg exercising. This workout is not written

in stone, so one could add some such work into the workout if so desired. There is no flexibility or mobility work either, but again there is no reason why this can't also be done. In fact, this is only a skeleton workout--one could do it and also play tennis, ping-pong, surf--anything basically--and still follow most of this program.

I have some minor criticisms of the program. First, he exclusively uses weight machines, mainly for safety he says. I think it is unnecessary, but okay, he has his reasons. Second, he focuses on the mirror muscles. Third, he doesn't program in any flexibility work. Fourth, carbs are not the enemy--they have their place in our diets, it is only their abuse that creates problems, but he insists on blaming obesity primarily on them, rather than our hectic, sedentary lifestyles. And there are some others, even more minor than these.

I think mainly he is so focused on simplicity that it limits his program in some ways. But for some people, that is what they want. For those with injuries (common among the 50+ set who are his intended audience) that limit their back and leg work, the program might be actually very well-suited. For others, they can work in additional exercises that he leaves out. Basically, it is a simple push/pull/ab weight program, a low-intensity aerobic program, with a low-carb, IF-style diet. It is definitely practical and doable for many of us old folks.

3 of 4 people found the following review helpful.

Mother Becoming Fit Again!

By Amazon Customer

After starting Strength at 50!: Get Strong and Fit Today! (I highly recommend), this book gives similar very good information. Even though I'm a 47 year old woman, and mother of 2 teenagers, I have felt a need to get back in shape again (don't we all!). I've been reading about how strength training is a very good thing for you whole body whether you're a man or a woman. I've started using the information in both these books when I'm lifting weights in the gym, and I'm starting to see alot more toned muscle in every part of my body. I like how this author also gives details about what he eats and when. Although I may take in less calories, it's a good framework. Worth buying!

0 of 0 people found the following review helpful.

Quinn makes the point quite clearly, think how you ...

By Amazon Customer

Quinn makes the point quite clearly, think how you may appear to yourself and your significant partner when you are naked.

Training program a bit difficult to follow.

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