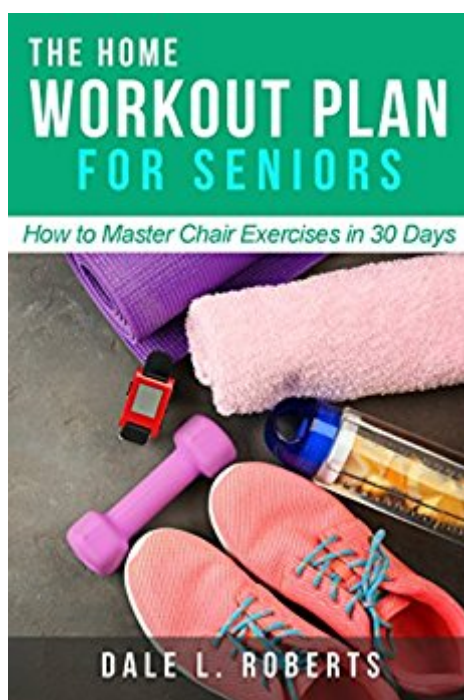


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The Home Workout Plan For Seniors: How To Master Chair Exercises In 30 Days (Fitness Short Reads Book 6)



Synopsis

Are you concerned about your balance, building strength and maintaining independence? Wouldn't it be nice having a simple step-by-step exercise plan to do on your own at home? Most importantly, wouldn't you have a better piece of mind knowing it's a safe and proven fitness routine specifically for senior citizens? Then, *The Home Workout Plan: How to Master Chair Exercises in 30 Days* has your answer in a short, concise book you can read in less than an hour. That way you can get your information, exercise today and maintain a great quality of life! In this health and fitness short read, you'll get: 34 seated exercises with additional modifications Exercises ideal for the unconditioned to the active senior Brief and straightforward instructions of each exercise A reliable and tested 30-day workout plan Helpful guidelines and tips to get the most from your workouts Over 34 full-color pictures for a better understanding And, so much more! Don't Wait Any Longer! Click the Buy Button and Get Your Copy TODAY!

Book Information

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Customer Reviews

I have been teaching exercise for many years and have many books, and found this book exceptional. This man knows what he's talking about. Definitely a five star book. This book is outstanding. I highly recommend it. I teach senior classes and I will recommend this book to everyone. Nice job.

This is a perfect place to start for someone who is out of shape. I have been ill and am just now getting my strength back. I could only do each exercise for 30 seconds at the beginning. I set the timer on my phone to tell me when I can stop. These exercises are very simple, but will give you a workout while building strength and stamina. I look forward to being able to do each one for the full minute recommended. Thank you! Finally, there is something I can do at my level.

Skinny book, good in information. However I found it to be hard to read: small letters and very small pictures. I suppose it would have been more expensive to have larger pictures. Maybe I'll try to enlarge the pictures, although my "free" time is so limited.

I have to use it more, I've been too lazy

I have had 4 back surgeries, knee replacement, reverse shoulder replacement and finally found something I can do. Great book. I recommend it highly!

Grossly overpriced for a tiny book. It's supposedly written for seniors, but the illustrations are so tiny that they can't be seen properly by a person with normal vision, far less a senior with bad vision. Don't waste your money on this one.

very cheap

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