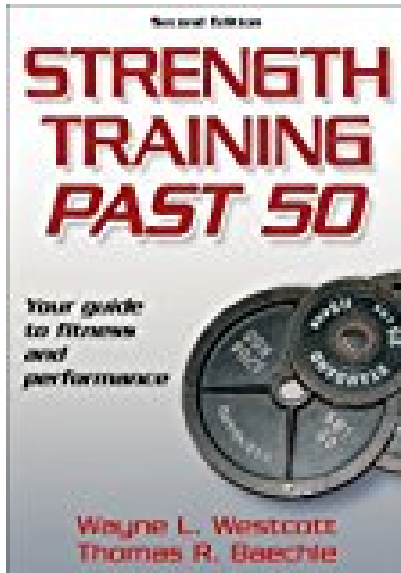


# Strength Training Past 50 - 2nd Edition Ageless Athlete Series



## BOOK DETAILS

- Author : Wayne Westcott
- Pages : 264 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 073606771X

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## BOOK SYNOPSIS

Explains and shows the most effective way for mature adults to maintain muscle, reduce body fat, increase bone density, lower blood pressure, and reduce arthritic pain through strength training.

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