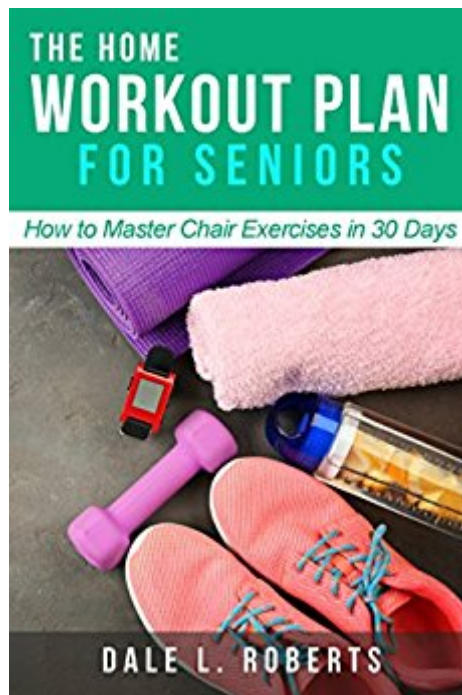




The book was found

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

File Size: 3710 KB

Print Length: 32 pages

Page Numbers Source ISBN: 1539559750

Publisher: One Jacked Monkey, LLC (October 17, 2016)

Publication Date: October 17, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01MA5HY1V

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #110,551 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #11

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sports Health & Safety #22

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related Health

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

[Download to continue reading...](#)

The Home Workout Plan for Seniors: How to Master Chair Exercises in 30 Days (Fitness Short Reads Book 6) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding

Series) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) A SUPER Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs A Punch (Senior Fitness Series) (Volume 1) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books The Beginner's Home Workout Plan: A Basic Fitness Program for Getting Healthy, Building Muscle & Staying Lean The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching ECG Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) Rocking Chair Mystery Book 3 (Amish Romance) (Rocking Chair Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

