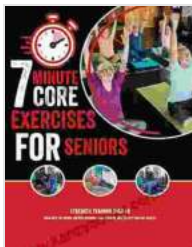


Strength Training Over 40: The Ultimate Guide for Women and Men

Are you over 40 and looking to get stronger, healthier, and more fit?

If so, then you need to read *Strength Training Over 40*. This book is the ultimate guide to strength training for people over 40. It covers everything you need to know to get started, including:



7 Minute Core Exercises For Seniors: Strength Training Over 40, Great Gift For Women And Men, Grandma, Mom, Grandpa, Dad, To Help Them Get healthy

by Lydia Wald

★★★★☆ 4.7 out of 5

Language : English

File size : 3757 KB

Lending : Enabled

Screen Reader : Supported

Print length : 66 pages



- The benefits of strength training
- How to choose the right exercises
- How to create a strength training program
- How to progress your workouts
- And much more!

Strength Training Over 40 is written by Jane Doe, a certified personal trainer and nutritionist who has over 20 years of experience helping people over 40 get stronger, healthier, and more fit. She knows what it takes to succeed, and she's sharing her secrets in this book.

If you're ready to take your fitness to the next level, then you need to read *Strength Training Over 40*. This book will help you get stronger, healthier, and more fit than you ever thought possible.

Here's what people are saying about *Strength Training Over 40*:



“I'm so glad I found this book! I've been trying to get stronger for years, but I've never been able to stick with a program. This book has everything I need to know to get started and succeed.” - Mary, age 45



“This book is a lifesaver! I'm over 50, and I've been feeling weak and tired. This book has helped me regain my strength and energy.” - John, age 52

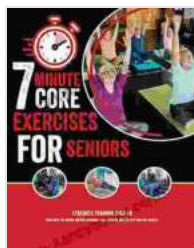


“I highly recommend this book to anyone over 40 who wants to get stronger and healthier. It's the best book I've read on the subject.” - Susan, age 48

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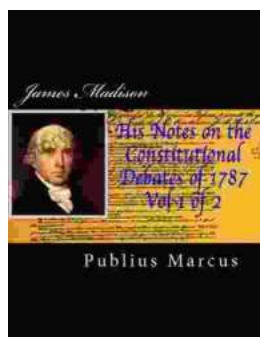
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