

Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles

By Karl Knopf

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Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles By Karl Knopf

A fully illustrated guide to strengthening every aspect of the core muscles tailored to the unique needs of aging adults

A strong core is vital for staying fit and healthy at any age. It's not about showing off six-pack abs, its about having the balance, agility, and posture that come with a toned and powerful core. For aging adults it can be a tough challenge to keep this crucial area strong, so *Core Strength for 50+* provides the exercise and workout schedules that guarantee anyone, regardless of fitness level, can build and maintain strong muscles in the abs, obliques, lower back, butt, and hips.

Featuring more than 100 step-by-step exercises, detailed fitness plans, techniques on proper core stability and tips on avoiding injury, this guide makes it easy to achieve optimal results while developing a strong, balanced core. Noted fitness author Dr. Karl Knopf includes a full range of workouts for all levels, from basic mat work to unstable training as well as advanced moves using straps, foam rollers, and the BOSU®.

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About the Author

Dr. Karl Knopf is the coordinator for the fitness therapist program at Foothill College of California. He is the author of numerous therapeutic fitness books such as The Foam Roller Workbook, The Healthy Shoulder Handbook and Stretching for 50+.

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