

Keep Your Body Young, Fit, and Firm with the Weight Training Program That Works

Day 1:

- Squats
- Bench press
- Rows
- Overhead press
- Bicep curls
- Tricep extensions

Day 2:

- Lunges
- Deadlifts
- Pull-ups
- Dips
- Shoulder raises
- Lateral raises

Day 3:



Now or Never: Keep Your Body Young, Fit and Firm with the Weight Training Program That Works Even as You Age

by Joyce L. Vedral

★★★★☆ 4.7 out of 5

Language : English
File size : 7959 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 321 pages



- Rest

How to Perform the Exercises:

- **Squats:** Stand with your feet shoulder-width apart. Lower your body by bending your knees and hips. Keep your back straight and your chest up. Return to the starting position.
- **Bench press:** Lie on a bench with your feet flat on the floor. Hold a barbell in your hands with your palms facing forward. Lower the barbell to your chest and then press it back to the starting position.
- **Rows:** Sit on a bench with your feet flat on the floor. Hold a dumbbell in each hand. Row the dumbbells to your chest and then lower them back down.
- **Overhead press:** Stand with your feet shoulder-width apart. Hold a dumbbell in each hand with your palms facing forward. Raise the dumbbells overhead and then lower them back down.

- **Bicep curls:** Stand with your feet shoulder-width apart. Hold a dumbbell in each hand with your palms facing up. Curl the dumbbells to your shoulders and then lower them back down.
- **Tricep extensions:** Sit on a bench with your feet flat on the floor. Hold a dumbbell in each hand with your palms facing down. Extend the dumbbells overhead and then lower them back down.

Tips for Success:

- Start with a weight that is challenging but not too heavy. You should be able to perform 10-12 repetitions of each exercise.
- Focus on proper form when performing the exercises. This will help you get the most out of your workouts and prevent injuries.
- Be consistent with your workouts. Aim to work out 3-4 days per week.
- Eat a healthy diet that is rich in protein. Protein is essential for building muscle.
- Get enough sleep. Sleep is important for recovery and muscle growth.

:

Weight training is a great way to improve your overall fitness. If you're looking to get in shape and stay fit, weight training is a great option for you. The weight training program that we've provided you with is a great place to start. Follow the program consistently and you'll be on your way to a fitter, healthier you.

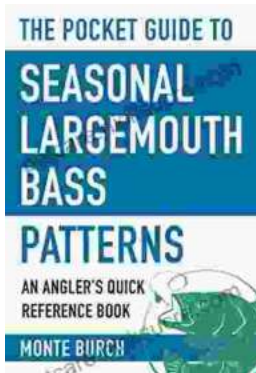


Now or Never: Keep Your Body Young, Fit and Firm with the Weight Training Program That Works Even as You Age

by Joyce L. Vedral

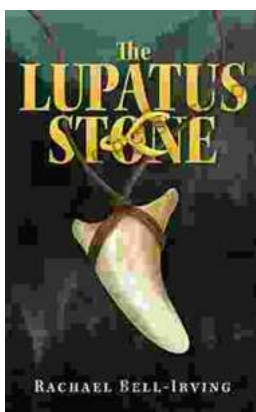
★★★★☆ 4.7 out of 5

Language : English
File size : 7959 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 321 pages



The Essential Guide to Angler Quick Reference: Your Comprehensive Pocket Companion to Fishing Success

Embark on an unforgettable fishing adventure with Angler Quick Reference, your indispensable pocket-sized guide to angling success. This comprehensive companion...



The Lupatus Stone: A Wicked Conjuring

The Lupatus Stone is a powerful artifact that has been used for centuries to perform dark and sinister rituals. It is said to be the key to unlocking...

