

WEIGHT TRAINING AT 40+

珍珍教練的 40+50+60+ 增肌慢老重訓課：扭轉痠痛、無力，想要樂活人生，開始練肌力、抗老化、存健康

Weight training is an essential fitness tool for the middle-aged and elderly to increase strength and fight off the effects of aging. Packed with demonstrations by an experienced fitness trainer, this book will help readers build a healthier life through weight training, regardless of age or previous experience.

Do you suffer from back pain, frozen shoulder, or general stiffness? Generally, these conditions worsen with age as muscle mass declines. But you can fight the effects of aging with weight training, rebuilding lost muscle mass, and restoring your ease and range of motion.

The book begins with case studies of three people who did not begin weight training until middle-age. From their initial hesitance to the joy they begin to feel in their progress and achievements, these stories will give readers the confidence they need to take up their own weight training regimen. Further discussion emphasizes the importance of resistance training for the middle-aged and elderly, developing a proper conceptual foundation for success while dispelling many myths concerning weight training.

Next comes the practical knowledge needed to develop your weight training program: how to get started, the two basic elements of all resistance training, the four big motions, and the three principles that must be considered when selecting appropriate exercises. This chapter also suggests exercises for addressing specific conditions. Pictures and detailed instructions break down each exercise into



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easy-to-follow steps with essential pointers. Extra attention is always paid to the problems faced by first-timers, so anyone can ease into a suitable weight training regimen.

Finally, the author gives advice on developing an appropriate exercise program, with tips on how to get started and how to maintain your motivation – because just looking at pictures won't create the happy and healthy life you deserve!

Jennifer Shih 珍珍教練（施怡如）

Jennifer Shih started her career at a well-known international corporation, but decided to become a fitness trainer after seeing her own life transformed by weight training. She holds a personal trainer certification from the American Council on Exercise and a corrective exercise certificate from the National Academy of Sports Medicine (USA). Her online stories about coaching her father have inspired countless middle-aged and elderly people to take up weight training, leading to numerous invitations to speak on the subject of fitness for television and private audiences.