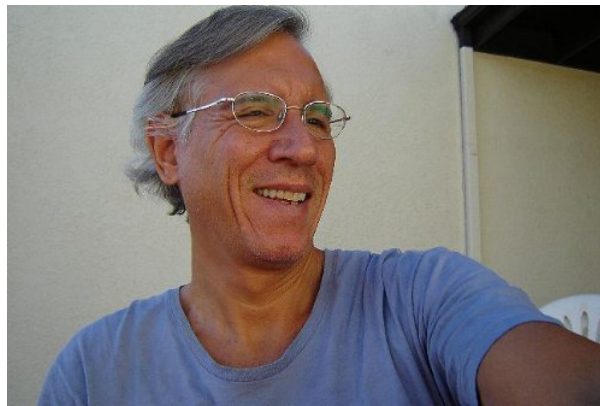


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A wonderful booklet to help physically challenged people use resistance training to improve their muscular condition. Very simple exercises to do at home. . No pain allowed. No straining. Dr. Yulish is the author of a very successful e-booklet, especially in the UK, called Learn Meditation-RELAXATION in one day! It will change your life. Dr. Yulish did not exercise for decades in fear that he would exacerbate his condition. However, in a short time he was able to do many activities that he had put off for years.

- Sales Rank: #186787 in eBooks
- Published on: 2011-10-19
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- Format: Kindle eBook

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The Easiest, Safest, and Most Effective Method of Resistance Training For Seniors....

By CJS

I felt like I was sitting in Dr. Yulish's living room. This is a very short ebook, I enjoyed it a lot as it was written from the point of view of someone who has issues exercising. This nice booklet will help physically challenged seniors, by using resistance training to build up their muscles, safely. He stresses NO PAIN at all ever, we CAN have movement in our lives and NOT over do and hurt ourselves. He has health issues that have kept him from doing any kind of workouts, till he figured out that he COULD as long as he didn't go at it like he was on fire! He explains exercises with weights, universal machines, and Isometrics too, which I am doing now with the aid of physical therapy for an injury. I enjoyed reading it, he has quite a sense of humor too.

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It was difficult to get to the points he was making. While a good idea badly executed.

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Five Stars

By Keri Walker

It's Great, Thank you!

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