

The coach called the exercises that help to remain strong after 40 years

The preservation of strength in old age helps to remain independent, maintain a body in shape, protect the joints and not only. Amanda Dvorak, a certified personal coach Garage Gym Reviews, told what exercises will help in this if you start playing sports after 40 years.

Squats. They strengthen the gluteal muscles, quadriceps, popliteal tendons and housing. Make 3 approaches of 10-15 repetitions, resting between these approaches 60-90 seconds. As the strength increases, you can hold light dumbbells or a weight for additional resistance when performing the squats.

Push -ups. Perform them in 3 approaches by 8-12 repetitions. Rest between the approaches should last 1-1.5 minutes. If ordinary push -ups are too complicated for you, then do the exercise on your knees or leaning your hands on an elevated surface.



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Traction. This exercise strengthens the muscles between the shoulder blades, the widest muscles of the back and biceps. It also helps to fight bad posture. Use the expander to

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perform the exercise. Fasten it on a reliable object at the chest level, keep the ends so that the palms are turned to each other. Take a step back, pull the tape to the chest, taking the shoulder blades together, and slowly return to the starting position. Perform 3 approaches of 10-15 repetitions, resting between them 60-90 seconds. During movement, keep your shoulders down.

Planck. She trains the muscles of the back, preventing back pain and improving posture. Start with 3 approaches of 20-30 seconds in the bar, gradually increasing the execution time to 60 seconds per approach. The neck should at the same time be in a neutral position: look at the floor, not ahead.

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