

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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