

TABLE OF CONTENTS

OVERTURE	On the Way Up	1
SECTION ONE	Why Becoming Stronger Can Make You Healthier After 40	3
Chapter One	Strength for Life	5
Chapter Two	Why Do We Need to Be Stronger After 40?	11
Chapter Three	What is Strength?	21
Chapter Four	What is Strength Training? (The Seventh Question)	39
Chapter Five	How Strength Training Becomes Healthcare	79
SECTION TWO	How We Can Be Stronger After 40 The Strength for Life® Adult Exercise Program	117
Chapter Six	SfL Stage I: Beginning Workouts for SfL Levels 1, 2, 3 The Single-Set System	121
Chapter Seven	SfL Stage II: Progressive Workouts for SfL Levels 2, 3, 4 The Stepdown System	195
Chapter Eight	Interim Reevaluation	225
Chapter Nine	SfL Stage III: Intermediate Workouts for SfL Levels 3, 4, 5 The Triangle System	233
Chapter Ten	SfL Stage IV: Advanced Workouts for SfL Levels 5 and 6 The Plateau, Mountain, and Superset Systems	333

Chapter Eleven	Strength for Life® Training at Home	459
SECTION THREE	Leaner for Life Overcoming Obesity Striving for Lifelong Vitality	531
Chapter Twelve	Leaner for Life I Eating Well	533
Chapter Thirteen	Leaner for Life II The Joy of Exerting Ourselves Daily	567
SECTION FOUR	Stronger for Life	579
Chapter Fourteen	Your One-Year Strength for Health Plan	581
Chapter Fifteen	Stronger for the Time of Our Lives	601
SECTION FIVE	Life Support	607
	References	608
	Resources	609
	Index	610

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Disclaimer

An important principle set forth in this book is that each adult should communicate with his or her personal physician before participating in a physical exercise program and that this communication should continue throughout life. *Stronger After 40* sets forth general guidelines for safe and effective exercise; it is not an individual prescription for any one particular person and the author assumes no liability for such use. Everyone who reads and uses this book must consult with his or her physician and training advisor regarding the specific personal application of the general guidelines for diet and exercise presented here.