

bodyweight exercises for men over 50

The Ultimate Guide to Bodyweight Exercises for Men Over 50

bodyweight exercises for men over 50 offer a powerful and accessible path to maintaining strength, mobility, and overall health. As we age, our bodies undergo natural changes, including potential loss of muscle mass and bone density, and a decrease in flexibility. However, embracing a consistent fitness routine utilizing one's own body weight can effectively combat these challenges. This comprehensive guide will explore the benefits, essential principles, and a curated selection of effective bodyweight exercises specifically tailored for men navigating their fifth decade and beyond. We will delve into how these exercises can improve cardiovascular health, build functional strength, enhance balance, and contribute to a higher quality of life, all without the need for specialized equipment or gym memberships.

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Why Bodyweight Exercises Are Ideal for Men Over 50

Bodyweight training is exceptionally well-suited for men over 50 due to its inherent safety, accessibility, and adaptability. Unlike weightlifting, which can place significant stress on joints and connective tissues, bodyweight exercises leverage natural movements that are generally less impactful. This makes them ideal for individuals who may have pre-existing joint conditions or are looking to minimize the risk of injury. Furthermore, the ability to perform these exercises anywhere, at any time, removes barriers like travel to a gym or the cost of equipment, promoting consistency and adherence to a fitness regimen.

The functional nature of bodyweight exercises is another significant advantage for older men. These movements mimic everyday activities such as sitting, standing, lifting, and carrying, thereby improving practical strength and coordination. This translates to greater independence and a reduced risk of falls. Moreover, consistent engagement in bodyweight training can help to counteract sarcopenia, the age-related loss of muscle mass, which is crucial for maintaining metabolic rate, bone health, and overall physical function.

Getting Started Safely: Key Considerations

Embarking on a new exercise program, especially after 50, requires a mindful

approach to safety and preparation. It is highly recommended that men consult with their healthcare provider before commencing any new fitness routine. This initial consultation can help identify any underlying health issues that might require specific modifications or contraindications for certain exercises. Understanding your current fitness level is also paramount. Starting slowly and gradually increasing the intensity, duration, and frequency of workouts will prevent overexertion and potential injuries.

Proper form is non-negotiable when performing bodyweight exercises. Incorrect technique can not only render an exercise ineffective but also lead to strain and injury. It is beneficial to learn the correct execution of each movement, perhaps by watching instructional videos or seeking guidance from a qualified fitness professional. Listening to your body is also a crucial aspect of safe training. Pain is a signal that something is wrong, and it's important to distinguish between muscle fatigue and actual pain. Resting when needed and allowing adequate recovery time between workouts are vital for muscle repair and growth, and for preventing burnout.

Essential Bodyweight Exercises for Men Over 50

A well-rounded bodyweight routine for men over 50 should target all major muscle groups, improve cardiovascular health, and enhance balance and flexibility. The following exercises are foundational and can be modified to suit various fitness levels. Focusing on compound movements that engage multiple muscle groups simultaneously will yield the most efficient and effective results for functional strength and overall fitness.

Lower Body Strength

Strong legs and glutes are fundamental for mobility, stability, and preventing falls. These exercises target the muscles responsible for walking, climbing stairs, and standing up from a seated position.

- **Squats:** Squats are a cornerstone exercise for lower body development. Stand with your feet shoulder-width apart, toes pointing slightly outward. Lower your hips as if sitting back into a chair, keeping your chest up and back straight. Aim to go as low as comfortable, ideally until your thighs are parallel to the floor. Push through your heels to return to the starting position. For an easier modification, use a chair to guide your descent and ensure you reach proper depth.
- **Lunges:** Lunges are excellent for working each leg independently, improving balance and targeting the quadriceps, hamstrings, and glutes. Step forward with one leg, lowering your hips until both knees are bent at approximately 90-degree angles. Ensure your front knee stays behind your toes and your back knee hovers just above the ground. Push off your front foot to return to the starting position, and then repeat on the other leg. Static lunges (without stepping) can be a good starting point for balance.
- **Glute Bridges:** This exercise is superb for activating the gluteal muscles and strengthening the posterior chain. Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Squeeze your glutes and lift your hips off the ground until your body forms a straight line from your shoulders to your knees. Hold for a moment at the top, then slowly lower back down.

Upper Body Strength

Maintaining upper body strength is crucial for daily tasks, from carrying groceries to lifting grandchildren. These exercises target the chest, back, shoulders, and arms.

- **Push-ups:** Push-ups are a classic exercise for building chest, shoulder, and triceps strength. Start in a plank position with your hands slightly wider than shoulder-width apart. Lower your chest towards the floor by bending your elbows, keeping your body in a straight line. Push back up to the starting position. Modified push-ups can be performed on your knees or against a wall if standard push-ups are too challenging.
- **Inverted Rows (or Table Rows):** This exercise effectively targets the back muscles, including the rhomboids and lats, which are vital for posture. Find a sturdy table or low bar. Lie underneath it, grasp the edge with an overhand grip, hands shoulder-width apart. Keeping your body straight, pull your chest towards the edge of the table. Lower yourself back down with control. The more horizontal your body, the more challenging the exercise.
- **Plank Variations:** While primarily a core exercise, planks also engage the shoulders and arms. Hold a standard plank on your forearms, keeping your body in a straight line from head to heels. Focus on engaging your core muscles to prevent your hips from sagging.

Core Strength and Stability

A strong core is the foundation of all movement, improving posture, balance, and reducing the risk of back pain. These exercises focus on the abdominal muscles, obliques, and lower back.

- **Plank:** As mentioned, planks are excellent for overall core stability. Maintain a rigid line from head to heels, engaging your abdominal muscles.
- **Bird-Dog:** This exercise is fantastic for improving core stability and balance while also strengthening the back muscles. Start on your hands and knees, ensuring your hands are under your shoulders and knees under your hips. Simultaneously extend your opposite arm and leg, keeping your core engaged and your back flat. Hold for a moment, then return to the starting position and repeat on the other side.
- **Crunches (Modified):** While traditional crunches can be effective, modifications are often beneficial for men over 50. Lie on your back with knees bent and feet flat on the floor. Gently lift your head and shoulders off the ground, focusing on contracting your abdominal muscles. Avoid pulling on your neck. For a greater challenge, try bicycle crunches, which also engage the obliques.

Cardiovascular and Endurance

Incorporating exercises that elevate your heart rate is crucial for cardiovascular health, weight management, and overall stamina. These can be integrated into your bodyweight routine or performed separately.

- **Jumping Jacks (Modified):** Traditional jumping jacks can be modified to be less impactful. Step one foot out to the side while raising your arms overhead, then bring the foot back and lower your arms. Alternate sides. This provides a cardiovascular benefit without the high impact.
- **High Knees (Marching):** Instead of a full-force run, focus on a controlled march, bringing your knees up towards your chest with each step. This elevates your heart rate and works your hip flexors.
- **Stair Climbing:** If accessible, climbing stairs is an excellent cardiovascular and lower body workout. Start with a few flights and gradually increase the duration and intensity.

Building a Sustainable Routine

Creating a sustainable fitness routine is key to long-term success, especially for men over 50. Consistency trumps intensity when building healthy habits. Aim to incorporate bodyweight exercises into your week at least three to four times. Consider alternating between focusing on different muscle groups on separate days, or opt for full-body workouts if your schedule is more limited. Listening to your body and prioritizing rest and recovery are just as important as the workouts themselves. Adequate sleep and days off allow your muscles to repair and strengthen, preventing overtraining and injury.

Progression is essential to continue seeing results and avoid plateaus. As exercises become easier, challenge yourself by increasing repetitions, sets, or the duration of holds. You can also explore more advanced variations of the basic movements or incorporate added challenges like pausing at the bottom of a squat for a few seconds. Finding activities you enjoy will make sticking to your routine much easier. This could involve group classes, exercising with a friend, or simply finding routines that resonate with you. The goal is to make fitness a natural and enjoyable part of your lifestyle.

Nutrition and Recovery for Optimal Results

The benefits of bodyweight exercises for men over 50 are amplified when complemented by proper nutrition and effective recovery strategies. Adequate protein intake is crucial for muscle repair and growth, supporting the body's ability to rebuild after workouts. Incorporating lean protein sources such as chicken, fish, beans, and tofu into your diet will provide the necessary building blocks. Staying well-hydrated is also fundamental for overall health and performance; aim for plenty of water throughout the day, especially before, during, and after exercise.

Recovery is a critical, yet often overlooked, component of any fitness program. This includes ensuring sufficient sleep, which is when the majority of muscle repair and growth occurs. Aim for 7-9 hours of quality sleep per night. Gentle stretching or foam rolling after workouts can help improve

flexibility, reduce muscle soreness, and enhance recovery. Incorporating active recovery days, which involve light activities like walking or gentle yoga, can also promote blood flow and aid in the healing process without placing undue stress on the body.

Conclusion: Embracing a Healthier Future

Bodyweight exercises provide a robust, accessible, and highly effective means for men over 50 to enhance their physical well-being. By focusing on functional movements, proper form, and consistent effort, individuals can significantly improve their strength, balance, cardiovascular health, and overall quality of life. The ability to perform these exercises virtually anywhere makes them an invaluable tool for maintaining an active and independent lifestyle. Embracing these principles and incorporating a tailored routine can lead to a more vibrant and healthier future.

Frequently Asked Questions

Q: How often should men over 50 perform bodyweight exercises?

A: For optimal results and safety, men over 50 should aim to perform bodyweight exercises at least three to four times per week. Consistency is key, and it's important to allow for rest days between intense workouts to enable muscle recovery and prevent overexertion.

Q: What are the most important bodyweight exercises for improving balance in men over 50?

A: Exercises that challenge stability are crucial for balance. Key bodyweight exercises include single-leg squats, lunges (especially static lunges), step-ups, and the bird-dog exercise. Holding a plank position also enhances core stability, which is foundational for good balance.

Q: Can bodyweight exercises help men over 50 lose weight?

A: Yes, bodyweight exercises can significantly contribute to weight loss for men over 50. They build lean muscle mass, which boosts metabolism, and performing them consistently helps burn calories. Combining bodyweight training with a balanced, calorie-controlled diet is the most effective approach for sustainable weight loss.

Q: How can I modify bodyweight exercises if I have knee pain?

A: For knee pain, focus on modifications that reduce direct stress on the knees. Opt for shallower squats, wall sits instead of deep squats, and prioritize glute bridges and hamstring curls (if you have access to a band or

can do them lying down). Avoid lunges if they cause discomfort, or perform them with a very small range of motion. Always consult a healthcare professional if knee pain persists.

Q: Is it possible to build significant muscle mass with only bodyweight exercises after 50?

A: Yes, it is possible to build and maintain muscle mass with bodyweight exercises after 50. While traditional weightlifting might offer faster hypertrophy for some, progressive overload through increased repetitions, sets, slower tempos, and more challenging exercise variations can still stimulate muscle growth effectively. Combining bodyweight training with adequate protein intake is essential for muscle synthesis.

Q: How long does it typically take to see results from bodyweight exercises for men over 50?

A: Results can vary depending on individual starting fitness levels, consistency, and diet. However, most men over 50 can expect to notice improvements in strength, endurance, and overall feeling of well-being within 4-8 weeks of consistent bodyweight exercise. Visible muscle changes may take a bit longer, typically 8-12 weeks or more.

Q: Should I warm up before and cool down after bodyweight exercises?

A: Absolutely. A proper warm-up, including light cardio and dynamic stretching, prepares your muscles for activity and reduces injury risk. A cool-down with static stretching helps improve flexibility, reduce muscle soreness, and promote recovery. These steps are crucial for any exercise routine, especially for individuals over 50.

Bodyweight Exercises For Men Over 50

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bodyweight exercises for men over 50: The Mediterranean Diet For Men Over 50 Patrick Thompson, 2021-07-06 Men over 50 are demographic that tends to be forgotten when it comes to health and wellness, but there has been a significant increase in understanding how our nutritional needs change as we age. The Mediterranean Diet is catch-all term for the diet of nations along the Mediterranean sea. It emphasises wholegrains, includes plenty of fruits and vegetables, has room for poultry and lots of oily fish, and allows a moderate intake of red wine if that's your thing. While this diet is no miracle pill that will help you lose weight, you do stand to gain a lot of health benefits from following it! The Mediterranean Diet is easy to follow and can help to improve your general health

and wellbeing. This book covers a general introduction to the diet, including advice regarding intermittent fasting and sample recipes for your personal use. You will also find some general advice on different types of exercise that you may or not want to implement in your daily life. Most of what you will find between these pages comes from a mix of personal experience following the diet and research into its benefits. Before we get into it, there are a couple of general 'rules' to follow when preparing your meals. Around half of your plate should consist of non-starchy vegetables, a quarter should be healthy proteins, and the remaining quarter should be wholegrains. The main thing is you get it all in your diet!

bodyweight exercises for men over 50: Men Maintain Muscle Mira Skylark, AI, 2025-02-27 Men Maintain Muscle offers a comprehensive guide for men over 50 seeking to maintain muscle mass and overall health through nutrition and exercise. It addresses the natural decline of muscle mass with age (sarcopenia) by focusing on protein intake, balanced diets, and practical fitness strategies. Interestingly, advancements in protein research from the 1950s, along with dietary surveys from that era, are re-examined through modern nutritional science to determine optimal protein intake for aging men. The book emphasizes targeted nutritional strategies, particularly highlighting plant-based protein sources like lentils, combined with a balanced diet rich in micronutrients and appropriate exercise routines. It begins by explaining the physiological changes associated with aging then progresses across chapters detailing the science of protein, micronutrient importance, and fitness plans tailored to different fitness levels. This approach provides actionable solutions to mitigate age-related muscle loss and promote overall health.

bodyweight exercises for men over 50: OVER 50 - THE KETO WAY SALVATORE VASILE, 2025-03-21 Salvatore Vasile offers an empowering and science-backed guide tailored to the unique health needs of those over 50 who are looking to embrace the ketogenic lifestyle. Recognizing the changes that come with age, such as a slower metabolism, shifts in hormone levels, and an increased risk of health conditions like heart disease and diabetes, this book provides a personalized approach to keto that supports the reader's long-term wellness. Far beyond a standard diet book, "Over 50 - The Keto Way" is a comprehensive resource that addresses the physical, mental, and practical aspects of ketogenic living for people in their 50s, 60s, and beyond. With age-focused insights, this guide delves into transitioning safely into keto, balancing macronutrients for aging bodies, and establishing sustainable routines for fitness and self-care. Each chapter has practical tips, nutritional strategies, and manageable recipes designed to nourish and energize while supporting optimal weight and metabolic health. For readers concerned about age-related conditions, this book offers a grounded approach to addressing common issues like insulin resistance, joint health, and cardiovascular wellness through keto principles. Vasile also shares inspiring success stories and encouragement to help readers navigate the keto journey's challenges and celebrate its benefits.

bodyweight exercises for men over 50: Bodyweight Workouts For Men: Simple And Effective Home Exercises You Can Do Anytime To Get Fit And Stay In Shape Francis Papun, 2022-11-18 Are you ready to get fit and stay in shape? Are you looking forward to living a healthier life and feeling much better without subscribing to expensive gym memberships or using expensive equipment? Do you often experience body aches and joint pains? You can say goodbye to all the pains and feel fresh all day. You can live healthier, happy, and have a better quality of life by incorporating Bodyweight Workouts for Men in your daily workout plan. The bodyweight workouts for men provide you with a useful and powerful way to build muscle mass, increase your strength, improve your flexibility, burn body fat, and have lean muscles. All you need is just gravity and your own body as Barbell to build strong and leaner muscles in just 12 weeks. You can do the workouts from anywhere and get into fantastic shape. The workout plans in this book are simple and efficient. They are also cost-effective, time-efficient, and safe for individuals of all ages. The bodyweight workout plan is designed for beginners, advanced users, and seniors. Wondering which exercises you should do for your core and glute muscles? Do you have a specific health condition, and wondering if there are specific exercises that target your specific health condition? You don't have to worry anymore; this book is designed specifically for you. It has several types of exercises that target specific muscles in your body. Each

exercise targets multiple muscles and focuses on improving your stability and muscular strength. With consistency and determination, you can reach the level of fitness you desire! In Bodyweight Workouts for Men, you'll discover: ● Why bodyweight exercises are the #1 at-home workout for anyone who wants to stay in shape and healthy. ● Training tips for beginners to get them started ● What you need to know when starting up the exercises and how you can increase the intensity of the exercises. ● How to design your workout plan by determining the number of sets and reps to do in each exercise. ● Simple ways on how to stretch and warm up your body to avoid injuries and strain of the muscles. ● A list of different exercises you can do to work out on several muscles in your body. ... and so much more If you're ready to live a healthy lifestyle and improve your well-being, join our Bodyweight Workouts for Men training program and enjoy the hottest fitness trends that bring rapid results, then scroll up and click the "Add to Cart" button right now.

bodyweight exercises for men over 50: Be Age Defying: Train to Maintain Your Strength, Muscle Mass, and Stability After 50 RT Robinson, 2021-07-19 Do you think you are too old to be working out? Today, people are living longer and pursuing healthier lifestyles, but most 50 years old, and older, individuals are no longer interested in the long, physically demanding workout routines that they enjoyed over 25 years ago. "BE Age Defying" is about maintaining a sustainable, active lifestyle and using strength training as a tool to combat the loss of muscle mass and daily functioning due to aging. This book advocates for health maintenance through strength training for men (and women) after 50 with decreased physical capability due to aging. It is composed of alternative strength training exercises that are suggested based on their rationale for addressing functionality concerns. Personal trainers are encouraged to integrate these exercises into modified workout routines for their older clients if they consider them more effective in improving their clients' physical capabilities. This book provides guidance that will remove the physical demands of complex training routines and create routines that will target the health concerns of 50+ individuals by providing solutions to diminishing physical capabilities that interfere with their ability to conduct essential functions from grocery shopping to rising out of their bed every morning.

bodyweight exercises for men over 50: Anti-Aging Secrets of The World's Healthiest People: How to Use Autophagy, The Keto Diet & Extended Water Fasting to Burn Fat and Heal Your Body From Within + Tips on Autophagy for Women & Over 50s Thomas Hawthorn, 2019-07-05 In 2016, a Nobel Prize Winning Study Discovered Proven Methods for Consistent, Long-Term Weight Loss. But other cultures... who had the world's longest lifespan, have been unknowingly using this revolutionary diet for years So if you thought there were no more weight loss breakthroughs left... think again. Here's the deal. The traditional "calories in, calories out" weight loss method no longer works. And restrictive low-fat or vegan diets often leave you hungry and irritable. However, when you combine the keto diet with a 2016 Nobel Prize winning breakthrough known as autophagy... You get the keto diet on steroids! Just wait until you see the results... Fast, consistent, weight loss - all without exercising or being hungry all day Plus countless extra health benefits including... Looking younger, improved digestion, and increased mental clarity. You can even reduce chronic inflammation and reduce seizures! Here's just a fraction of what you'll learn inside this audiobook: The #1 myth about the ketogenic diet in 2019 A cost saving way to test for ketosis without strips Saturated fat causes heart attacks right? Harvard researchers disagree A clever way to get all the fiber you need without eating stuff which tastes like sawdust How to fast for 48 hours without getting hungry Foods to avoid on the ketogenic diet (including some surprising ones) Salmon is good for you, right? Not this kind. Plus what to eat instead. How to break a fast without gaining weight. Most get this wrong. Hidden carbohydrates you wouldn't expect to find in store bought foods. Avoid these if you want to maintain your weight loss goals Why do you have headaches while dieting? The answer may surprise you. The simple 3 step process for avoiding "keto flu" Can autophagy destroy pre-cancer cells? A report in Nature Research says yes And much, much more! Plus you'll get a 28 day One Meal a Day (OMAD) diet plan. And discover why Autophagy can aid certain medical conditions For example... IBS pain? You can blame this common food 7 best foods for nurturing gut

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effortlessly radiate. You carry yourself with confidence and deserved pride. You're everything you want to be. Who wouldn't want to live this way? If so, why aren't you? The journey from where you are now to where you want to be may seem long but you can do it; and the quickest route there is through a system of bodyweight exercises. Why bodyweight? Think of the physiques you really admire, whether they be dancers, gymnasts, or martial artists. Think of the ancient Greek ideal as represented by Michelangelo's David. They all represent the epitome of human potential and yet none of them achieved this greatness by using weights or fancy equipment. Don't you think it would be wise to follow their example? When you learn to train naturally with the exercises shown in The Bodyweight Exercise Bible you will begin your journey to this ideal. Bodyweight workouts allow you to train your body as an integrated system as nature intended. Your muscles are meant to work together in a functional way. Training this way will get you in amazing shape while saving you time and money as well. Here are just some of the advantages that you will derive once you start training naturally with bodyweight exercises: By using your whole body to train fat will melt off you like butter under a blowtorch Your energy levels will go through the roof You'll feel more relaxed and be much happier Bodyweight workouts can be done anywhere at anytime You'll save money and time on gym fees and travel Your athletic skills in any sport will improve You'll become less susceptible to injury You'll gain shapely, attractive muscle as opposed to big, ugly, unnatural muscle Your internal organs like your heart, lungs and other body organs will improve in their efficiency You'll regain your youthful metabolism by using strength training to burn fat These exercises will help you build strength, flexibility, agility and endurance at the same time You'll become the dynamic, alive person you always wanted to be The Bodyweight Exercise Bible is built around four exercises that can be done in under 15 minutes a day with routines that are suitable for beginner, intermediate and advanced fitness levels. When these exercises are mastered this program contains 45 additional exercises to keep your workouts varied, challenging and interesting. No matter what your age or current physical condition The Bodyweight Exercise Bible can help you reach the next level. Get this book and start transforming yourself and your life today!

bodyweight exercises for men over 50: Home Exercises For Everyone David Nordmark, 2010-06-20 Discover How To Unlock Your True Potential With Bodyweight Exercises The secret to looking better, feeling stronger and living longer is to train naturally, just like the animals in nature Any animal you can think of is far healthier than any human being. How do they do it? Their secret is that by instinct they exercise everyday using nothing but their own body and bodyweight. Don't you think there is a lesson there for people as well? Or put it this way. Think of the physiques you really admire. I suspect what you like about them is that they possess natural muscle and real strength. Gymnasts, dancers and martial artists are all examples of this. What unites them all? Like the animals in nature they all use some form of bodyweight training to achieve their perfect bodies. Don't you think it would be wise to follow their example? If this makes sense to you then Home Exercises For Everyone is the book for you. In this book you will discover the holy trilogy of bodyweight training, the three exercises that by themselves will get you in the best shape of your life. Once you have mastered these basics you will then be able to mix and match other bodyweight exercises to suit your individual needs. The advantages of bodyweight workouts VS old-fashioned gym workouts are legion. They include: No expensive equipment or health clubs to join Save time by working out from home in as little as 15 minutes a day No separate workouts for different parts of your body No need for long, boring cardio sessions Bodyweight workouts will energize you! Regain your youth and vitality Burn fat off your body like butter under a blowtorch You'll dominate any sport you play Building natural, balanced muscle will help you look your best With bodyweight training you'll feel more dynamic, charismatic, and alive In only 15 minutes a day and no matter what your age or present physical condition Home Exercise For Everyone can put you on the road to becoming a better you. Start your own personal transformation by purchasing this book today!

bodyweight exercises for men over 50: You Are Your Own Gym Mark Lauren, Joshua Clark, 2011-01-04 From an elite Special Operations physical trainer, an ingeniously simple, rapid-results, do-anywhere program for getting into amazing shape For men and women of all athletic abilities! As

the demand for Special Operations military forces has grown over the last decade, elite trainer Mark Lauren has been at the front lines of preparing nearly one thousand soldiers, getting them lean and strong in record time. Now, for regular Joes and Janes, he shares the secret to his amazingly effective regimen—simple exercises that require nothing more than the resistance of your own bodyweight to help you reach the pinnacle of fitness and look better than ever before. Armed with Mark Lauren's motivation techniques, expert training, and nutrition advice, you'll see rapid results by working out just thirty minutes a day, four times a week—whether in your living room, yard, garage, hotel room, or office. Lauren's exercises build more metabolism-enhancing muscle than weightlifting, burn more fat than aerobics, and are safer than both, since bodyweight exercises develop balance and stability and therefore help prevent injuries. Choose your workout level—Basic, 1st Class, Master Class, and Chief Class—and get started, following the clear instructions for 125 exercises that work every muscle from your neck to your ankles. Forget about gym memberships, free weights, and infomercial contraptions. They are all poor substitutes for the world's most advanced fitness machine, the one thing you are never without: your own body.

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