

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW DOES AGE CHANGE YOUR FITNESS GOALS?



If you are growing older, don't be concerned about your ability to work out. While your routine may adjust slightly, old age is not an excuse to stop training.

You don't have to be in your 20s to be muscular, lean, and strong.

Here are some things you should know about your body as you age.

- ✓ Your muscle doesn't have to wither away as you age.
- ✓ You don't have to remove "six-pack" from your bucket list.
- ✓ Your metabolism doesn't have to implode.
- ✓ Your hormones don't have to slump.

TRAINING TIMELINE

Let's take a look at how you should train in different decades of your life.

01. Fitness in Your 20s and 30s

The most important part of these years is learning how to **train properly**. If you don't use proper form, you're setting yourself to be hampered by serious injuries and pain for the rest of your life.

02. Fitness in Your 40s and 50s

During the middle ages of your life, you can still build muscle **even if you are new to weightlifting**. As you get older, your muscles are more susceptible to injury, and it takes longer to repair these injuries. That is, it just means that you may have to make some adjustments to your training protocols and take [extra measures to ensure adequate muscle recovery](#).

03. Fitness in Your 60s

You can still lift weights in your golden years and have a **lean physique**. The biggest difference that you'll notice is your body's ability to recover. You'll feel sore

and tired for longer periods than you did in your 40s. To combat this problem, adjust your workouts and you can take a few additional days off or you can “deload.”

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