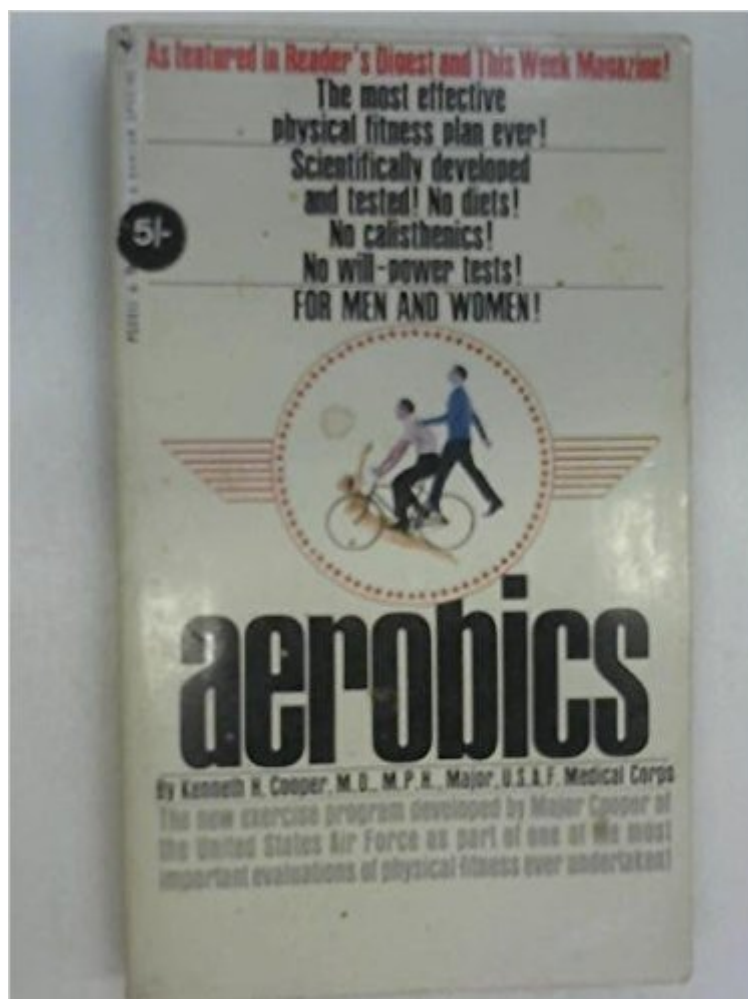


The book was found

# Aerobics,



## Synopsis

Aerobics, The most effective physical fitness plan ever for Men & Women

## Book Information

Paperback: 253 pages

Publisher: M. Evans; distributed in association with Lippincott, Philadelphia (1968)

Language: English

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Product Dimensions: 6.9 x 4.1 x 0.7 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #83,946 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#)

## Customer Reviews

Running, swimming and cycling, the big three. Raise your heart rate to the target zone and keep it there long enough to do some good - twenty minutes or more. I started when the book came out in 1968. I initially ran a mile, then worked up to four miles a day. What the book didn't tell you is that eventually it takes a toll on your knees. It may be better now, with well-engineered running shoes to absorb some of the impact, but after about twenty years my knees couldn't take the strain.

Arthroscopic surgery, and then a switch to bicycling and a bike machine. And... I still spend thirty minutes a day simulating 18 mph on the exercise bike, and do a lot of real bicycling and swimming in the summer. Cooper's work was with young people. My observation is that the age-based formulas for target heart rate are too conservative. Though the charts indicate a maximum just over 160 and a workout target under 130 for a guy of 65, I kept the exercise heart rate of 140-145 for decades; I never felt like I was straining myself. I conclude that the body can maintain an accustomed rate of exertion to a greater age than experts would project. A Soviet-style joke (this will cost me "helpful" votes, but I'll live dangerously). Last summer I cycled across Kiev to a Democrats Abroad picnic. Several of the old war horses, progressives who had progressed past Social Security age, remarked on the fact that I had come ten miles by cycle. I told them to think nothing of it. Another four years of socialist progress under Obama and we will all be riding bicycles. Absolutely five stars. This was a seminal book.

1968. A good year. 15 years old, pimples, pomade, and Dr. Cooper's "Aerobics". The book was three years old when I entered USAF basic training. I'm familiar with the 1.5-mile run. We had six weeks of that version. If I had stuck with it, I would have completed at least one Boston Marathon by now. What Dr. Cooper wrote 45 years ago--before home computers and when a cell phone was a telephone in San Quentin--makes complete sense today! Atkins, South Beach, Weight-Watchers, and other fads that have come and gone, would have never made it if we did what Dr. Cooper told us to do in the first place! Eat plenty of oxygen! Strengthen your heart! Hit the road! I'm 60 years old now and the wiser. Blood pressure below 120/80. Heart rate between 48 and 60. Weight below 170. Multimarathoner. Only medications are Flonase and 81 mg baby aspirin. Thank you Dr. Cooper from all of us who are part of your successful experiment. Now stop reading this and go put on your running shoes and hit the road! Don't forget your shorts and shirt! You want to be running for your life, not running from the sheriff!

Doctor Cooper's book is "the original" in the world of aerobic conditioning. Yes, other books and articles have been written to no end since that original book, but this one's strengths out do the later imitators. Here they are: 1. The book is solidly based on well proven medical research. 2. The writing style is crisp, easy to understand - without a mass of undocumented claims/assumptions. 3. The book lays out simple tests and programs that allow you to find your present fitness level and then a straightforward step-by-step program for anyone to work their way to a fully fit cardiovascular state. I have used several of the later works on the market and they tend to create needlessly complex, hard to follow fitness concepts, exercises and drills. This original is short, accurate and not complicated to use. The most useful conditioning and fitness book I have ever used. I lost my original in the course of career moves and I was excited to find I could buy it from . It is no longer in print, so to find a decently preserved original was a treat. The weaknesses of the book - if they are that is: 1. The paperback version is a tad fragile and since you will tend to go back to it to look things up, or clarify a point, it gets worn quite easily. 2. If your sole reason for doing fitness activities is to work on building muscles and physical appearance, this is not the book for you. The book's goal is true fitness and muscle workouts alone won't get you there. If you truly want to improve your health and life read this book.

This book is excellent. 40 years old, but excellent. It is presented in a logical, easy to understand format. The information in the book is based on research that Doctor Cooper did as an Air Force

doc in Texas. While giving "aerobic points" to a variety of exercises and sports, Dr. Cooper presents to the reader that jogging/running is the simplest, most effective way, to improve your cardiovascular and pulmonary health. I have read this book twice now and find it well worth the time.

In 1968, Dr. Cooper made the discovery that one could dramatically improve their overall health through simple activities like walking, running, riding a bike, swimming to name only a few. Dr. Cooper is the one who came up with the idea for Aerobics. Interestingly, you could walk into nearly any Gym in America and ask any "personal trainer" where Aerobics came from, or who Dr. Cooper is, and not one in ten will know the answer. Through his research and case studies of (over 15,000) people of all ages and health conditions, Dr. Cooper discovered exactly how much physical activity (anyone) needs (daily), to improve their health to the optimum level. This book is difficult to get, however if you are able to get this great book, it has the information that could really change your life for the better. Buy it.

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