



## Pumping Iron -- S-L-O-W-L-Y

We've all learned that strength training has become recommended more and more by exercise physiologists, fitness trainers, doctors, and even the Surgeon General. Many of the ills associated with getting older (brittle bones, poor balance, weight gain) turn out to be more closely linked to loss of muscle mass than to the passage of time. Strength training (using weights, resistive equipment or simply the use of our own body weight against gravity) can reverse many of the problems associated with aging.

Some benefits of strength training: 1) strong muscles lead to strong bones, helping to prevent osteoporosis, 2) increased muscle tissue leads to more calories burned, even at rest, and 3) muscles help the body better use glucose, decreasing the risk of Type-2 diabetes.

The latest theory of efficient weight training is to do exercises s-l-o-w-l-y! -- the theory being that by slowing the speed and reducing the momentum with which one lifts and lower their weights, they maximize pressure (or "load") on the muscle, and thus build strength and size, as well as greater bone density.

My suggestion for effective and efficient strength training, whether it's with weights, resistive equipment or body weight is:

- Train the major muscle groups twice a week.
- Do a circuit of 10-12 repetitions (example: chest press, then row back, then pectoral squeeze, then lat pull-down, then overhead press, then biceps curls, then triceps extensions, then leg extension, then leg curl, then squats), and repeat the same circuit one more time.
- Use **8-10 seconds to complete the lifting and lowering** of each exercise.
- Move quickly from one exercise to the next, with minimal rest in between exercises. This may give you some cardiovascular benefit as well.

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