

Articles

About section

Article 1 "Vogue Magazine"

Article 2 "Newsweek" going SuperSlow

Article 3 "Men's Health"

Article 4 "Businessweek" Build Strength Fast going Slow

Article 5 "Outdoor Magazine" Lifting at a Snails Pace

Article 6 "Barbara Walters and Leslie Stahl" train with Power of 10

Article 7 "SuperSlow at Ideal Fitness

Frequently Asked Questions

Value of CORE training

About

"Power of 10" Fact Sheet

Origin of Power of 10 at South Milwaukee Fitness Center

John Nall, exercise director at the South Milwaukee Fitness Center, entrepreneur and trainer using America's safest and most effective high-intensity strength training protocol, Power of 10.

When hearing about what was called SuperSlow in 1995, John did not believe one could get good results from a rigorous training program for only 30 minutes a week. However, after checking it out for only one session, he became convinced. John had been dissatisfied with conventional strength training. He was experiencing injuries to his knees and back and didn't like the noise and distractions of traditional gyms. He enjoyed training hard, so SuperSlow was a perfect discovery for him.

John was thrilled with the positive impact this new training was making on himself personally. He became increasingly aware about how popular

SuperSlow had become in New York and Chicago - and wondered if Milwaukee was the next location for it. He pursued certification to become a trainer and opened his first facility in 1996. A former SuperSlow master instructor Adam Zickermann further refined these principals with his best selling book 'Power of 10'

Location & Contact Information:

South Milwaukee Fitness Center
901 15th Avenue
414-766-5084 - phone
262-613-0798 – mobile for John Nall
www.smfitness.org

Studio Hours:

Open seven days a week, with early morning as well as evening sessions.

School District of South Milwaukee Fitness Director:

John Nall founded and owned four different MedX based personal training and spinal therapy clinics. He started his first location in June 1996, and sold his interests in the companies in 2005. He then completed his masters degree in education before re-entering the fitness field with the South Milwaukee School District. John also has a bachelors of Science Degrees in Business, Marketing and Physical Education. John is certified in various fields of exercise science. He is a certified SuperSlow instructor CSSI, has all 5 MedX Medical Machine certifications through the College of Medicine at the University of Florida, ACE (American Council on Exercise) personal training and weight management, IART (International Association of Resistance Trainers) and was involved in the formation of the NCES (National Council on Exercise Standards).

Staff & Studio:

Currently John and a couple future trainers are conducting private workout programs for clients of all ages and fitness levels. The fully-supervised, one-on-one sessions take place in a quiet, peaceful atmosphere, allowing for total concentration on the demanding and challenging workout.

Package Sessions:

Free introductory orientations are offered to all new clients. Package structures are based upon 5, 10 or 20 session packages.

Description:

The Power of 10 program is located within a classroom setting attached to the South Milwaukee Fitness Center. The exercise room is private and without distractions for its clients. The Power of 10 concept is a safe and effective form of exercise that involves very deliberate and smooth

movements -- ten seconds to lift the weight and ten seconds to lower it -- hence the name "Power of 10."

The Power of 10 method offers all of the benefits of a cardiovascular workout, but prevents potential joint damage. Performing the exercises in this manner results in less force on the body, thus making the exercise safer. The elimination of momentum as a factor in lifting the weight forces the muscles to do all of the work. The practice loads the muscles with resistance for a balanced, full range exercise.

Clients at Power of 10 find that by doing one-on-one Slow training with highly qualified personal trainers for 30 minutes a week, they develop as much endurance as they would with several hours of conventional gym exercise. The technique of 10 seconds to lift the weight and 10 seconds to lower the weight within 2-3 minutes is unique and effective. The body can perform the exercises within the proper speed of motion of eight to twelve seconds, whereas the average strength training speed is three to four seconds. Clients need only train once to twice per week so that their muscle tissue has adequate recovery time to recover leaving them stronger by their next workout.

The phenomenon of SuperSlow was initially created for osteoporosis patients because its strength training uses MedX equipment that has been traditionally used in physical therapy offices. The exercise regimen enhances physical capabilities without putting stress on joints and bones during the workout.

Article 1 Vogue Magazine



“The 25 Minute Miracle”

The smart way to work out, according to a new theory of weight lifting, is to spend less than an hour a week in the gym

DODJE KAZANJIAN
tries SuperSlow®.

It was the dead of winter. My regular exercise studio had folded, my chronic stiff neck was getting worse, and I was feeling tired, pettish, and generally crummy. Time for a drastic change. In New York, that usually means a new exercise program, but not necessarily one as drastic as SuperSlow, which I heard about from my colleague Charles. “This is much more like going to a shrink,” he told me. “The price of admission is that it’s blindingly painful.” Hmmm. Charles is over six feet tall, and through SuperSlow he’s gained 30 pounds of “absolute muscle.” That’s hardly what I have in mind. But I happen to know that Mary Boone, who’s about my height and my age, is also a SuperSlow devotee, and when I saw her last fall at one of Leo Castelli’s many eighty-ninth-birthday patties, I was struck by how terrific she looked.

SuperSlow—the very word sounds un-American—contradicts almost every theory about exercise. Forget aerobics, whose benefits are unprovable and which may even be counterproductive (strained muscles, torn ligaments, et cetera). What SuperSlow offers are 20- to 30-minute sessions of intense exercises, performed at an excruciatingly slow speed and only twice a week. Working the muscles in this way does everything aerobics is supposed to do for the cardiovascular system but does it more efficiently and without the risks—that’s the claim, anyway. Finding a certified SuperSlow trainer, though, can be a problem. There are only 200 in this country, and not a single SuperSlow facility in Manhattan. Charles put me on to his trainer, Jim Clarry, one of the rising stars in the SuperSlow movement—he has trained everyone from Mary Boone to Calvin Klein—and I started working with him last December, at the uptown, all purpose David Barton Gym on Madison Avenue.

Jim is a tall, slim, soft-spoken young man whose quiet confidence is immediately reassuring. At our first meeting, we talk for 45 minutes, while the aerobics-mad clientele pump and sweat and pedal away on all sides. “I want you to get really skillful at a few exercises rather than moderately skillful at many,” he says. “SuperSlow cuts to the truth. We’re going to strip away everything that’s not productive. It all comes down to fatiguing muscles efficiently.”

The basic element in SuperSlow technique is the ten-five interval: ten seconds to lift the weight and five seconds to lower it. As Jim explains, this is hard work and no fun. By gradually increasing the weights, he will make my muscles work until they fail; failure, in fact, is the goal of each exercise.

“My objective is putting more muscle on people,” Jim tells me. But do I want that? I’m short and sort of frail, and I certainly don’t fancy being short and bulky. “Bulk is usually due to a combination of muscle and body fat,” he says. “If someone achieves a bulky look training this way, they’re probably overeating. A pound of muscle is much smaller than a pound of fat.” He tells me that I’m not overweight, and that I should keep right on eating the way I have been. The emphasis here is all on the muscles. If we do right by them, everything else—heart rate, energy level, strength, and even the right shape—will fall into place.

Question-and-answer period is over, and we go to the day’s first exercise, the stiff-legged dead lift. Jim places two five-pound dumbbells on the floor, positions me precisely over them, has me bend at the waist, and tells me to lift the weights slowly, to the count of ten seconds, and then lower them in five. I do this eight times, keeping my knees stiff. It exercises the hamstrings, glutes, and back muscles, all the way up to the spinal erectors at the base of the neck. Nobody has ever worked on my spinal muscles before; I didn’t even know I had them. Aside from a slight tingling in my lower back, I don’t feel much of anything, because the weights are too light. Today’s session is just to learn the motor skills. He teaches me three more exercises—leg press, chest press, and weight-assisted chin-up. The protocol is to repeat each exercise four to eight times; if you can do eight, the weight gets increased. I do eight of each without much difficulty. The pain is yet to come.

My learning curve continues through the first few sessions. I’m going three times a week, and Jim keeps adding exercises and increasing the weights. Five days after Christmas, we’re up to eight exercises, which is the most we’ll ever do at onetime. I’m lifting a 35-pound dumbbell for the stiff-legged dead lift, and moving 146 pounds on the leg press. We go rapidly from one exercise to the next, and I notice that my heart rate stays elevated. “During **SuperSlow your heart** rate is elevated to what you would achieve on a treadmill or stationary bike, which is what’s recommended in cardiovascular training,” Jim tells me. Doing the chest press today, I have my first failure—seven repetitions are all I can manage. “Keep pushing, keep pushing,” he says as I struggle, lying flat on my back, to lift the ten-pound weights in each hand. “This is

the most important time. We need to fail.” My heart is racing, my whole body is trembling. The pain is so severe, I feel dizzy. Jim finally takes the weights from my hands and says. “Good work.” This is what I have to look forward to on all the exercises: to succeed by failing.

SuperSlow was developed in the early 1980s by Ken Hutchins, who considered aerobics to be a totally misguided approach to fitness. He put his faith in slow, concentrated, precisely measured stressing of the muscles. The slow part of SuperSlow makes the lifting difficult but also safe. “The most dangerous thing you can do while exercising is apply too much force to a joint,” Jim tells me. “The goal is to fatigue the muscle, not to lift the weight.” All around us, the treadmills and stationary bikes are going full tilt. Jim says he has nothing against treadmills; “it’s just that people think they’re burning off more calories than they really are. In other words, they’re wasting their time. Jim says I can jog or play tennis or go to body-sculpting class if I want, but I should do it for fun, not for exercise.

Three weeks into the program, I’m coming to failure with more and more of the exercises. Washing my hair in the shower one morning, I notice something astonishing—biceps! Neat little biceps, not a bit like Arnold Schwarzenegger’s. And my stiff neck is totally gone. One of the exercises we do has me lying prone on a narrow bench and slowly raising my head while Jim exerts a counter pressure with his hands. And unlike the other remedies I’ve tried, including Motrin, prednisone, and physical therapy, it works. Jim says I’m making great progress. He no longer has to remind me to breathe regularly during exercise; holding your breath is a definite no-no, and so are the grunts and clenched teeth that often precede it. (There’s plenty of grunting and groaning in the David Barton Gym. There isn’t any in a proper SuperSlow environment, which has white walls, no minors, no music, no telephones, no gum chewing, no bimbos, a constant 61-degree temperature, and a metronome for the ten-five beat.) I’ve also learned to keep my movements smooth and constant, with no jump-starts or pauses. “Don’t save anything,” Jim says each time I approach failure. “Empty that muscle out.”

There’s surprisingly little soreness between our sessions, which are getting shorter and shorter. We’re down to 30 minutes because my skills have increased, along with the weights, and I’m coming to failure more quickly. Out on the street after a workout, my body feels like molasses. The legs are moving and the upper body is going with them. It’s exhilarating to feel so good and energetic.

Lunch with Ann Piccirillo, my former exercise teacher. When I tell her what I’m doing, she’s horrified. Lifting a 55-pound dumbbell (as I did this morning) without bending my knees is lunacy, she says. “You never, ever, lift something without bending your knees.” I’d always heard that, too, but it doesn’t seem to have done me any harm. Ann also says that using heavy weights is going to bulk me up. She offers to give me the name of a good therapist and a good acupuncturist, because she’s sure I’m going to need them if I go any further with this.

The part about bulking up really worries me. The other night I asked Charles Gaines, whose book and film *Pumping Iron* set Arnold Schwarzenegger on the road to stardom, whether lifting heavy weights makes you bulky, and he said, “Yes, definitely.” I raise the question again with Jim. I say I don’t want to look like the muscle-bound bruiser in the SuperSlow manual’s before-and-after photographs. Not to worry, he says. “The guy in that picture was eating 7,000 calories a day, and he’s genetically gifted— something very few people are.” He reminds me that muscle mass is smaller than fat mass.

Jim knows his subject through and through. “He’s the most informed and rigorous trainer I’ve ever met,” Mary Boone tells me. “If he ever started his own gym, I’d put money in it.” Mary also says that she and I are both dealing with the same problems, age and gravity. “And we’re not going to find a plastic surgeon who will make us six feet tall.”

In March I’m failing at everything. My leg press is up to 240 pounds. I get nauseated every time I do it, and my ears are stopped up, as if I’m riding a fast elevator. All the exercises make me feel this way now, but often I can think beyond the pain and feel my way more deeply into the muscles. “Don’t acknowledge the pain,” Jim says. “When you acknowledge it, it hurts more.” On a trip to Los Angeles, I see myself in the mirror at the Beverly Wilshire and my proportions look better, the hips and thighs slimmer, the shoulders a little wider.

On April 11, I can’t do a single leg press. It’s time to cut me back from three to two sessions week, Jim says. I’ve gotten so good that I’ve overworked my muscles, and they need time to recover. “One of the drawbacks of aerobics is that people don’t give their muscles time to recover, and that makes them weaker, not stronger,” Jim says. With SuperSlow, the better you get, the less frequently you do it. Twice a week is the preferred schedule for SuperSlow. (The really good SS-ers do it once a week.) In place of my third

session the next week, I take a long walk in Central Park with my husband, not for the exercise but for the fun of it. We climb the steps to Belvedere Castle and check out the early spring flowers in the Shakespeare Garden. A whole new prospect is opening up for me. Ever since I was sixteen, I've had a compulsion to do some sort of exercise every day. But now I can get all the exercise I need in two 20-minute sessions a week (maybe one, eventually) and have that much more time for doing the things I like. My thighs are as slim as they're ever going to be, I haven't bulked up (it seems I'm not genetically gifted, thank God), and I show off my biceps at the drop of a hat. I actually feel stronger, healthier, and less tired. Is the blinding pain that goes with those two sessions a week worth it? I'd say it is. There are moments when I even feel six feet tall.

Article 2 Newsweek

"Super slow," super efficient? Some say pumping iron at a snail's pace--and forgetting the treadmill forever--can lead to extraordinary results.

Going Super Slow

Lifting weights at a snail's pace can work wonders. Is it the whole key to fitness?

By Geoffrey Cowley
NEWSWEEK WEB EXCLUSIVE

[Feb. 5 issue] For 10 years Dr. Philip Alexander ran 60 miles a week—and on days when he didn't run he would put in time on his bike. Then, five years ago, he really got serious about physical fitness. The 56-year-old internist now spends just 20 minutes a week exercising, and he rarely soaks his shirt.

USING WEIGHT MACHINES, he works through a half dozen muscle groups, diligently exhausting each one. Then he gets on with his life. "When I was running," he recalls, "the next day I would feel I was run over by a truck." The new routine never leaves him feeling bonked, but that's not the best part. Alexander has shed some 20 unwanted pounds since switching regimens, and his waist has shrunk by four inches.

Could fitness be this simple? For three decades we've heard endlessly about the virtues of aerobic exercise. Medical authorities have touted running and jumping as the key to good health, and millions of Americans have taken to the treadmill (however sporadically) to reap the rewards. But the story is changing. Everyone from the American Heart Association to the Surgeon General's office has recently embraced strength training as a complement to aerobics. And as weight lifting has gone mainstream, so has the once-obscure practice known as "Super Slow" training. Enthusiasts claim that by pumping iron at a snail's pace—making each "rep" last 14 seconds instead of the usual seven—you can safely place extraordinary demands on your muscles, and elicit an extraordinary response. Slow lifting may not be the only exercise you need, as some proponents believe, but the benefits are often dramatic.

Almost anyone can handle this routine. The only requirements are Zen like focus and a tolerance for deep muscular burn. For each exercise—leg press, bench press, shoulder press and so on—you set the machine to provide only moderate resistance. But as you draw out each rep, depriving yourself of momentum, the weight soon feels unbearable. Defying the impulse to stop, you keep going until you can't complete a rep. Then you sustain your futile effort for 10 more seconds while the weight sinks gradually toward its cradle. Intense? Uncomfortable? Totally. But once you embrace muscle failure as the goal of the workout, it can become almost pleasurable. "When you do this right," says Dr. M. Doug McGuff, an

emergency-room physician who runs an exercise studio in Seneca, S.C., “a brief workout is all you can stand.”

BURNING ALL THE TIME: The goal is not to burn calories while you’re exercising but to make your body burn them all the time. Running a few miles may make you sweat, but it expends only 100 calories per mile (roughly two Oreo cookies), and it doesn’t stimulate much bone or muscle development. Strength training doesn’t burn many calories, either.

But when you push a muscle to failure, you set off a cascade of physiological changes. As the muscle recovers over several days, it will thicken—and the new muscle tissue will demand sustenance. By the time you add three pounds of muscle, your body requires an extra 9,000 calories a month just to break even. Hold your diet steady and, presto, you’re vaporizing body fat.

When Rona Ostrow took up slow-motion training 14 months ago, she had battled breast cancer for nearly five years. The treatments had damaged her thyroid and sent her abruptly into menopause, leaving her weak, overweight and discouraged about restoring her body. The 52-year-old librarian couldn’t face the gym scene, so she signed on with Adam Zickerman, founder of an individual-training studio called InForm Fitness, for a brief weekly dose of slow lifting. She has since lost four inches from her chest, waist and hips and regained some faith in her body. On a recent icy morning, she slipped and fell on the sidewalk. “I just jumped back up like a hockey player,” she marvels.

Ostrow might have benefited from any strength-training program. But proponents insist the slow technique is safer and more effective than traditional methods. And preliminary studies suggest they have a case. In 1993 and again in 1999, Wayne Westcott, fitness research director at the South Shore YMCA in Quincy, Mass., assigned untrained, middle-aged volunteers to one of two regimens. Both groups performed the same round of exercises. But while one group did 10-rep sets, spending seven seconds on each repetition of the exercise, the other group did five-rep sets, extending each rep for 14 seconds. Both groups put in the same amount of time, but over periods of eight to 10 weeks, the slow lifters gained 50 percent more strength than the controls.

JOINT-KILLING LUNACY? Slow lifting isn’t just for the infirm or the soft-of-stomach. A number of professional sports teams have adopted the drill, and body-builders are discovering that they too can gain by slowing down. The question is whether this is all the exercise a person needs to stay healthy. Ken Hutchins, the Florida-based trainer who founded the Super Slow movement (and patented the name), claims adamantly that it is. In screeds with titles like “Why NOT Aerobics?” and “Aerobics is Dead,” he dismisses anything beyond purely recreational running, jumping or dancing as joint-killing lunacy. “By performing [aerobic] activities on your off days,” he says, “you compromise the progress you could be making.” Few experts go that far. Any form of exercise is harmful in excess, they say, but aerobic activity has known cardiovascular benefits. It may turn out that 20 minutes of slow torture is the ultimate prescription for fitness. But until all the evidence is in, moderation is surely the best policy. Push those weights until your limbs quiver. Then strap on your helmet and ride home on your bike.

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Article 3 Men’s Health Magazine

SuperSlow® Technique Recognized by “Men’s Health” Magazine

Men’s Health, America’s leading health magazine for men, recognizes SuperSlow for the third time as the most effective weight-lifting technique to get in shape.

Orlando, Fla. - November 30, 2007- SuperSlow continues gaining recognition “super fast” as a quick and effective way to exercise to build muscle, strength and endurance. Recently featured in Men’s Health Magazine for the third time, SuperSlow is a strength training technique developed by founder

Ken Hutchins at the University of Florida Medical School. Under the supervision of a certified SuperSlow Instructor, the workout enables you to exercise specific muscle groups slowly, but effectively. It isn't the speed that tones your muscle; it is what you do to it.

"Working out 3 to 4 times per week is old news. In today's fast paced world, people don't have time to do that and don't need to do that. By using the revolutionary SuperSlow, you need only one or two workouts a week for about 20 minutes to accomplish and maintain your goals," Madeline Ross, SuperSlow Zone CEO, said. "Better still, because of our 'ideal exercise environment' you may not even break a sweat and clients can choose to workout in their regular clothes. They get in, get out, and get on with their day," Ross added.

This simple, but skill-and-effort-demanding strength training technique continues to be recognized by some of the top publications in the nation and is fast becoming the most respected full-body workout method. With SuperSlow all you need is 20 minutes, one to two times a week, for a full-body workout to maintain a healthy, vital lifestyle.

The recent story on SuperSlow in Men's Health Magazine noted that this technique "is a lot safer for the injury-prone, since many exercise strains and pains occur within smaller stabilizing muscles that become over-worked when you're handling heavier loads of weight."

"Being featured in Men's Health for our third time is really great news! The magazine is supporting, once again, the value of the SuperSlow as safe, efficient and highly effective. You just can't beat great results from a 20 minute workout, twice a week. For people who workout and are in shape, we help them capture more free time for their life. For those who want to get into shape, which is a large part of the world, we are simply the best," Ross said.

Article 4 Businessweek



APRIL 23, 2001

BUSINESSWEEK LIFESTYLE

Building Strength Fast By Going Slow

Don't have time to exercise? This workout is for you.

After dentist Steven Kafko, 53, had surgery on two vertebrae in his neck, doctors told him he would have to avoid strenuous activity for the rest of his life--and definitely no weight-lifting. But after reviewing the slow-motion strength training offered at New York 's InForm Fitness, "my neurosurgeon is thrilled that I'm doing this, because it is so safe and effective," says Kafko. In three months, he says, he has gained 1 1/2 inches in his chest and lost 1 1/2 inches in his waist.

And here's the best part: The routine takes only 20 minutes, once or twice a week--and you don't even break a sweat, so there's no need to shower and change. Some clients, including Kafko, work out in their business clothes. Compare that with the hour or so, three or four times a week, of a regular machine or free-weight workout, plus locker-room time.

By moving weight at a snail's pace, you eliminate momentum, thereby forcing the muscle to do all the work. Then, when the muscle reaches the point of exhaustion, instead of stopping, as you would in standard regimens, you keep trying for at least five more excruciating seconds. Slo-mo trainers don't care how many reps you do. The point is to get to muscle failure--and then hang in there a bit longer than you think you can. It's those last seconds of effort that trigger the workout's extraordinary results.

A special breathing technique makes it possible to hang in there: You drop your jaw, relax your tongue, and pant like a dog. This prevents gritting and clenching in the jaw, neck, and throat. As the intensity of the exercise increases, you just pant faster.

Originally developed in the '80s by Ken Hutchins, a Florida trainer who trademarked the name SuperSlow in 1992, the workout uses machines not found in regular gyms. If you do reps this slowly on standard Nautilus or Cybex gear, you'll get stuck at the point where you have the least leverage and jerk ahead at the point where leverage shifts in your favor. Slo-mo machines, either retrofitted Nautilus or specially designed gear now offered by several manufacturers, compensate for variations in leverage to allow smooth, controlled effort throughout the entire range of motion.

A typical workout takes you through four to six machines, engaging both the upper and lower body and rotating among the equipment over the course of a few weeks to vary the demands placed on the muscles. You might start on the leg press, which engages the glutes, hips, legs--the entire lower body, really. Next, you might do the pulldown or pullover to get the entire upper body--chest, arms, and shoulders. Then you would move on to machines that target more specific areas, such as inner and outer thighs.

Along with the smoother equipment, the other big plus of doing this at a specialized facility is the care the trainers take in adjusting each machine to fit your frame, which prevents injury. On some machines, after making adjustments to the seat and back, trainer Alvin Rodriguez straps Kafko in tightly, asks him to wiggle back as far as he can, and tightens the strap even more. Then, from an array of bolsters and pads in various shapes and sizes, he chooses several that he wedges in at Kafko's sides, behind his neck, or behind his lower back. Now, no matter how intense the exercise gets, nothing that isn't supposed to move can move.

Nationwide, a single session costs from \$50 to \$90, but the rate drops if you buy a series. To find a trainer, check the directory at www.superslow.com.

Even with all this personal attention, your total time investment--from walking in to walking out--

is under 30 minutes. The walking out part is a little shaky. But by next week, that shakiness will have turned to steel.

By Aleta Davies

Article 5 Outdoor Magazine

What's the Hurry?

For a faster, stronger you, take it slow (with a grain of salt)

By Brad Wieners

FOR A STRETCH, it appeared as though slow-motion strength training—better known simply as Super Slow—would take its place alongside the fleeting exercise fads of yesteryear (OK, it was only two years ago—but it seems like forever). The claims sounded outrageous: Spend just 20 to 30 minutes, twice a week, doing traditional lifts at the speed of continental drift, and you'll build strength 50 percent faster than you would with conventional resistance training, kick your metabolism into high gear, reduce body fat, and raise your levels of HDL (the good cholesterol). When the hype over Super Slow quickly died down to a murmur—for reasons to be explained—people soon glommed on to the Next Big Thing (wobble boards, anyone?).



Tortoise power: Go the opposite of fast and make it last (Photograph by Mark Hooper)

But it turns out that a handful of curious athletes and researchers stuck with Super Slow's program and, facing incredulity from their peers, now swear by its effectiveness. My own

cynicism remained intact until I began trying to crash into shape for an upcoming kayak expedition that, if I hadn't been ready for it, could have become a lesson in boat-bound misery. Fortunately, I ran into Renjit Varghese, 32, a largely self-taught exercise trainer and owner of Time Labs, a new five-story downtown Manhattan facility devoted to slow lifting. Born in Kerala, India, and raised outside Cincinnati, Varghese has been slow-training former pro athletes and business professionals for six years. Varghese contends that slow training is superior to multiple-set, clean-and-jerk approaches because (1) it eliminates the ballistic movements that cause many weight-room injuries; (2) strength improvements come faster; (3) you spend far less time in the gym, leaving more time for your sport; and (4) it's more precise—you keep a record not of the number of reps, but of the exact amount of time your muscles are stressed, known as "time under load," or TUL.

After following Varghese's program for six months, I realized that at least some of Super Slow's claims are legit: I shed ten pounds and toned up my legs, chest, and arms. During my ten-day kayak trip above the Arctic Circle in Norway, I found I could pull through the chop for hours at a stretch. My body recovered faster between paddling days, and I even had better control of my breathing—a welcome asset when I came close to panicking in rough, freezing seas.



Photograph by Mark Hooper, Prop tortoise (this page and previous) styled by Ann Wilson/Red Chair Props

THE IDEA FOR SUPER SLOW came in 1982, when Ken Hutchins, a 50-year-old entrepreneur from Conroe, Texas, pioneered the technique after conducting a study at the University of Florida Medical School. Armed with \$3.5 million from the Nautilus Corporation, Hutchins sought to devise a weight-training regimen that increased the bone density of retirement-age women who had osteoporosis by building their muscles and improving their circulation without harming their joints. On a hunch, Hutchins had the women lift relatively heavy weights very slowly over extended periods. It worked. Some of the women in the study actually dispensed with their walkers and took up ballroom dancing again.

Convinced he'd hit on a breakthrough program suitable for all ages, Hutchins published a 1989 how-to manual, *Super Slow: The Ultimate Exercise Protocol*, and began building his own custom exercise equipment.

The word spread, and by the dawn of the 21st century athletes of all types (and fitness trend-watchers) had embraced the idea. At the elite level, 20-year-old professional trials biker Jeremy VanSchoonhoven took up slow training during last year's off-season. After three months of slo-mo lifting, VanSchoonhoven had put on seven pounds of lean muscle. "This sounds ridiculous, but my whole workout is only about 15 minutes long, once a week," he says. "But now I can compete longer at a top level, and I make fewer mistakes late in competitions." His increased strength helped him place 16th—the highest finish ever for an American—at this year's UCI World Championships.

Last summer, Jason Watson, 30, a Washington State Patrol SWAT team member, took home seven swimming medals from the Can-Am Police-Fire Games after slow training, sometimes only once a week, under Greg Anderson of Seattle's Ideal Exercise. While such results are tempting, beginners should take note: This efficiency involves a sadistic level of intensity. At first, Watson had to pop a Tums before each workout just to keep from puking.

SUPER SLOW IS NOT without its critics. "I don't like it," says fitness consultant and six-time Ironman champ Dave Scott. "Especially if you're an endurance athlete. Imagine you're this lean runner strained under this huge, unnecessary load. You come to the gym, you're already fatigued, and now you have to drop your weights 20 pounds to do just one rep: How do you stay motivated? It can be psychologically destructive."

Wary of the opinions expressed by road warriors like Scott, I nevertheless signed up to be trained by Varghese, following Ken Hutchins's original protocols. According to Hutchins, each exercise should be 10/5 per rep—that is, ten seconds on the positive contraction, or push, and five on the return, or negative contraction. (By contrast, a typical rep might be 1/1, 2/4, or 4/4.)

During my workouts, I do exactly one set of as many reps as I can until my muscles fail completely. At the end of each rep, Varghese tells me to make the transition from easing the load down to pushing it back up imperceptibly. Any faster and I'm using momentum to cheat. All along, Varghese reminds me to take controlled, quick breaths: "Pant like a sprinter." Holding my breath, he tells me, will just make me dizzy. At the end of the set, my muscles feel torched by a fresh, white-hot rush of lactic acid.

Because of slow lifting's difficulty—one Super Slow chest press can be harder than ten quick ones—the program suffers a high rate of attrition—another reason it's no longer the fitness flavor of the moment. Wayne Westcott, fitness research director at the South Shore YMCA in Quincy, Massachusetts, has conducted two studies on slow lifting. The results, published in the June 2001 *Journal of Sports Medicine and Physical Fitness*, indicated that, yes, single-set slow lifters realized a 50 percent greater increase in strength over eight to ten weeks than did those lifting weights at a faster pace. However, only two of Westcott's 147 test subjects opted to continue the slow-lifting regimen.

"The psychological aspect is just as important for a successful fitness program, and this was just too tough," says Westcott, who adds that slow lifting is perhaps best applied as a plateau buster. "Do it for six weeks. But then return to what you're more comfortable with week in and week out."

Positive testimonials and my success with slow lifting aside, Westcott and Scott do have a point. The happy medium may be to see it not as strength training's silver bullet, but rather as a valuable addition to your arsenal of fitness techniques. Periodically fold it into your existing routine (see "The Slow-Motion Workout," next page) and you'll soon reap the performance rewards. "There's this kind of undercurrent in Super Slow circles that almost makes us sound antisports," says Ideal Exercise's Anderson . "But the point of its high intensity is to give you more time to play, and better results when you do."

Article 6

Barbara Walters and Leslie Stahl Train with Power of 10

Anchor Lesley Stahl has stuck with this unusual program for three years. Now, she says she's stronger than most men. (Photo: CBS)

"My way of building muscles is very efficient. Lifting weights in ten seconds, lower them in ten seconds. No rest in between the repetitions."

"Power of 10" creator Adam Zickerman

How does it work? Just five to seven simple exercises, using very heavy weights. Barbara Walters raved about the workout on her show, "The View." (Photo: CBS)

FOR MORE INFORMATION:

- [Inform Fitness Studios](#)

Learn more about Adam

Zickerman's 20 minute workout plan to lose fat and increase strength and endurance.

(CBS) It's slow, it's intense, and from the sound of things, it's bordering on torture. But it's a workout that **Lesley Stahl** and friend and ABC News competitor Barbara Walters are doing.

For decades, America has tried to dance, run, step and even kick its way to a tighter body. But one trainer now claims he's found a fitness solution for a time-starved nation – a workout that takes place once a week, for just 20 minutes. Last fall, **Correspondent Troy Roberts** put the program to the test.

It's called "Power Of 10" and its creator, Adam Zickerman, claims it's the only exercise you'll ever need. The secret to success is very slow weight training.

"It'll burn more calories because the more muscle you have, the higher your metabolism is," says Zickerman.

How does it work? Just five to seven simple exercises, using very heavy weights.

"My way of building muscles is very efficient. Lifting weights in 10 seconds, lower them in 10 seconds," says Zickerman. "No rest in between the repetitions. And going to what I call muscle failure, or complete muscle fatigue."

Stahl has stuck with this unusual program for three years. "For me, it's maintaining my weight. I have a good metabolism, but I would gain weight if I wasn't doing something," she says.

Now, she says she's stronger than most men. And she can even leg press 400 pounds.

Surprisingly, no cardio workouts are needed. No treadmill, no Stairmaster.

"I think we kind of enjoy the fact that we're lifting weights. We think it's cool," says Stahl.

Is the "Power of 10" a fitness revolution, or is it just another fitness trend? To find out, **48 Hours** asked identical twins Kelli and Vanessa Dunn, plus-size models living in New York City, to do a little experiment with us.

The twins say even plus-size models have to watch just how plus they are. "I've never, ever been able to wear a bikini. Never, ever could wear a half

shirt halter-top, cute clothes. Low rise jeans? Oh, heck, no,” says Vanessa, who wants to lose 10 pounds.

48 Hours asked the twins to follow two separate exercise programs. They had five weeks to reach their goals. And they were also told to watch their diets.

Vanessa was asked to do a traditional cardio regimen three to four days a week. “I’m already dreading tomorrow or the next day,” says Vanessa, who started her program at the midtown Manhattan Gold’s Gym.

Kelli tried “Power Of 10,” just once a week for 20 minutes. “I can’t say it was quick and painless, but it was quick,” she says.

In fact, it’s so quick that while Vanessa is spinning, bouncing, crawling and dancing away, Kelli is out shopping and having fun.

But if it looks too good to be true, sports medicine specialist Dr. Jordan Metzl says it probably is: “My concern with the book is that it seems to suggest that in 20 minutes, once a week, you can get everything you need in terms of exercise. And that’s simply not true for most people.”

Several health organizations around the country agree. They recommend at least five to six days of moderate exercise per week.

But Zickerman thinks clients like Kelli are proof enough.

After five weeks, the experiment is over.

Kelli has lost a total of 15 pounds and 8 inches across her chest, waist and thighs. Vanessa, who did the cardio workout, lost only 4 pounds and 4 inches. “I was literally putting in 5 hours a week. She was putting in 20 minutes,” says Vanessa. “And she did more than 30 times more weight loss than I had, so the proof’s in the pudding.”

Kelli may have lost more weight, but Metzl says her program is not heart-healthy: “There’s not a significant cardiovascular component, built into this, things like walking or jogging – things that you need to keep your heart really in shape for your entire life.”

While health experts are still skeptical, exercise haters like **Stahl** and Barbara Walters don't care.

"Maybe it's a gimmick. Maybe we can get more out of an hour-long workout," says Walters. "But it's 20 minutes more than I usually do and I will stick with it."

"I'm not going to do any more," adds Stahl. "I just don't want to. I hate it and I'm not going to do it so at least I'm doing this,"

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Article 7 Los Angeles Ideal Fitness

LA's 4 Ideal Fitness Gets Everyone From Couch Potatoes to Serious Athletes Stronger in 30 Minutes

Los Angeles – January 1, 2006 -- Do you want incredible fitness results with careful and efficient training sessions that take only thirty minutes once or twice a week? Then, the SuperSlow® method of high intensity strength training is the answer to a fitter, healthier body. According to Linda Cole, owner of

4 Ideal Fitness in West Los Angeles, the SuperSlow concept is a safe and effective form of exercise that involves very deliberate and smooth movements -- ten seconds to lift the weight and ten seconds to lower it -- hence the name "SuperSlow."

4 Ideal Fitness is the largest SuperSlow high intensity strength training studio in Southern California. SuperSlow offers all of the benefits of a cardiovascular workout, but without potential joint damage. Performing the exercises in this manner results in less force on the body, thus making the exercise safer. The elimination of momentum as a factor in lifting the weight

forces the muscles to do all of the work. The practice loads the muscles with resistance for a balanced, full range exercise.

Clients at 4 Ideal Fitness find that by doing one-on-one SuperSlow training for 30 minutes a week, they develop as much endurance as they would with several hours of conventional gym exercise. The SuperSlow technique of 10 seconds to lift the weight and 10 seconds to lower the weight within 2-3 minutes is unique and effective. The body can perform the exercises within the proper speed of motion of eight to twelve seconds, whereas the average strength training speed is one to three seconds. Clients need only train once to twice per week so that their muscle fibers may have adequate recovery time to grow back together leaving them stronger by their next workout.

The phenomenon of SuperSlow was initially created for osteoporosis patients because its strength training uses MedX equipment that has been traditionally used in physical therapy offices. The exercise regimen enhances physical capabilities without putting stress on joints and bones during the workout.

"It is a common misconception that one is unfit because of a weak heart and lungs," says Cole, "however a lack of fitness actually relates to weak muscles." A fit person's stronger muscles work more efficiently because they draw oxygen from the blood and reduce the strain on the heart and lungs. The highly-intense SuperSlow training pumps blood into the heart and conditions one's entire system by pushing the aerobic and anaerobic systems to their maximum.

"Once we adjust the equipment to fit your size and strength level, our goal is to work your muscles into a fatigued state so that serious metabolic changes occur. Unlike other forms of strength training, we use five pieces of equipment per session, allowing for just one set of exercises during two to three minutes on each machine. As you become stronger, more weight is added to promote muscle failure. This practice increases muscle strength, bone density, endurance and flexibility. It also improves cardiovascular efficiency, metabolism and body shape while promoting fat loss."

4 Ideal Fitness's diverse clientele includes soccer moms, busy professionals, athletes, seniors, medical providers, pregnant women, entertainment industry executives and celebrities such as Emily Proctor from "CSI: Miami," Tony Shaloub of "Monk" and his wife actress Brooke Adams.

The spacious West Los Angeles studio, located at 1554 South Sepulveda Blvd., is situated in a beautiful building in an atrium setting, and provides a quiet, relaxing atmosphere for working out, contrary to busy, noisy gyms and health clubs. The atmosphere is serene allowing for total concentration on the demanding and challenging workout. In each one-on-one session, a

certified trainer guides and motivates the client through a program designed specifically for them.

4 Ideal Fitness offers private workout programs for clients and all ages and fitness levels that are supervised by highly-trained certified instructors. Various session packages, which include a free introductory session, are available. 4 Ideal Fitness is open every day and offers early morning as well as evening sessions.

Frequently Asked Questions

1. What is Power of 10, Slow movement High-Intensity Strength Training
2. How does Power of 10 work?
3. What are the special machines used in the Power of 10 workout?
4. Can I really get a good workout moving so slowly?
5. What are the benefits of Power of 10 for the serious athlete?
6. What are the benefits for the recreational sports enthusiast?
7. What about cardio?
8. What about burning calories?
9. What should I do to warm up before my workout?
10. What about stretching before beginning an exercise session?
11. How often should I work out?
12. Isn't such a high intensity of exercise dangerous for some populations?
13. Can't I injure myself merely by attempting to lift too much weight, even when moving slowly?
14. What results can I expect to get if I train hard with High-Intensity Strength Training and eat right?
15. Is high intensity strength training really better than doing volume sets, lots of reps, 4 or 5 days a week, along with running?

[BACK TO TOP](#)

Q1: What is Power of 10, Slow movement High-Intensity Strength Training?

A1: Power of 10, High-Intensity Strength Training is an exercise philosophy and an exercise protocol. Nautilus and MedX founder Arthur Jones developed portions of the theory underlying this philosophy. The Nautilus philosophy was to slow down the rep speed, thereby eliminating force, the main cause of injury. The theory was refined and developed in 1982 by Ken Hutchins, a research theorist for use in a research project on osteoporosis conducted by Nautilus Sports/Medical Industries and the University of Florida. He called it SuperSlow.

[BACK TO TOP](#)

Q2. How does Power of 10 Work?

A2. Power of 10 is a very specialized form of strength training that forces the muscles to do all the work. The joints are not affected because all momentum or acceleration is eliminated in the movements. Each rep is done slowly, 8-12 seconds up (the positive phase) and 8-12 seconds back (the negative phase), unlike traditional strength training which permits movements of 1-3 seconds up and 1-3 seconds back. The focused slowness forces muscles to work much harder.

Each repetition must be performed slowly with perfect form with a weight heavy enough to take the muscles being worked to total fatigue in just a few repetitions. This quickly stimulates the body to produce additional muscle tissue and creates improvements in cardiovascular and other support systems.

The intensely slow Power of 10 method safely builds muscle, increases the resting metabolism and allows the body to burn more calories even while at rest. It is far more challenging, safer on the joints and produces greater results in less time than other forms of strength training.

[BACK TO TOP](#)

Q3. What are the special machines used in the Power of 10 workout?

A3. We utilize state-of-the-art exercise equipment by MedX Corporation that allows full range of motion, variable resistance, minimal friction, and adjustments for proper and safe positioning and alignment. Our equipment has been additionally upgraded with the newest cams to provide a closer match to the bodies natural strength curve - based upon the exercise performed. MedX equipment is often found in physical therapy clinics because it offers a choice of resistance in two-pound increments for a weight that's just right - not too heavy and not too light for rapid and steady progress. The unique design of the MedX equipment allows for the slow and fluid movements that produce the dramatic results found in Power of 10 strength training.

[BACK TO TOP](#)

Q4: Can I really get a good workout moving so slowly?

A4: Definitely! You will discover that your muscles do even more metabolic work per unit of time moving slowly, than they do moving fast. Faster movement uses momentum to move the weight, not just muscular strength, thereby unloading the muscles during parts of the repetition cycle, allowing the muscles to rest, while overloading them during other parts.

[BACK TO TOP](#)

Q5. What are the benefits of Power of 10 for the serious athlete?

A5. Power of 10 High-Intensity Strength Training is perfectly designed for the serious athlete. As most athletes know, the foundation for endurance is muscular strength. The Power of 10 method targets the body's major muscles, called skeletal muscles.

The skeletal muscles are the foundation for all other movement. Muscular strength training is essential to sports performance and injury prevention. High-Intensity Strength Training is an excellent way to strengthen your core, the muscle groups that stabilize your skeletal structure.

With Power of 10, the loading of the targeted muscles to complete muscle failure results in greater strength in less time than traditional weight training, which is characterized by a high number of repetitions and multiple sets. Power of 10 builds lean muscle which translates into superior cardiovascular benefits for competitive athletes. By building muscle mass the body has to grow new microvascular capillary networks to serve those muscles. This makes the heart increase its efficiency so all sports are executed with less effort.

The benefits of Power of 10 support some of the most important goals of a successful athlete: improved cardiovascular fitness, greater muscular strength, increased metabolism, and reduced injuries.

[BACK TO TOP](#)

Q6. What are the benefits of Power of 10 for the recreational sports enthusiast?

A6. In everyday life your muscular strength can determine the ease of many daily tasks. For the recreational athlete, Power of 10 builds and maintains the muscles so you can enjoy all activities to their maximum. The superior 30-minute workout gives you more time to enjoy other activities. One excellent benefit of High-Intensity Strength Training is the strengthening of the skeletal muscles which diminishes the chance of injury. The additional cardiovascular benefits allow you to participate in your activities longer and with less fatigue.

A common misconception is that being unfit is due to a weak heart and lungs when actually it's weak muscles that lead to being unfit. A fit person's stronger muscles work more efficiently because they draw oxygen from the blood and reduce strain on the heart and lungs. High-Intensity Strength Training conditions the entire system by pushing the aerobic and anaerobic systems to their maximum. A recreational sports enthusiast will gain all the benefits that a serious athlete would by training in the Power of 10 protocol, the biggest benefit being the development of

functional fitness, essential to both daily living and regular activities.

[BACK TO TOP](#)

Q7: What about cardio?

A7: It's not necessary to engage in aerobic activities between workouts, unless this is something you like to do. You will get cardiovascular and metabolic stimulation during your strength training sessions. Most of the conditioning effect of exercise is the result of metabolic adaptations, which enhance the ability of muscle tissue to absorb and utilize oxygen. Enjoy your aerobic activities, but understand they are more for recreational benefit.

As we age and lose muscle mass, activities that were once done with ease when stronger, become more difficult as your muscles, not your heart and lungs, get weaker. Power of 10 strengthens your muscles so recreational activities, such as biking, hiking, swimming and skiing, require less effort from the heart and lungs.

[BACK TO TOP](#)

Q8: What about burning calories?

A8: You can become a 24 hour-a-day calorie burning machine simply by adding some muscle. One of the great benefits of strength training is the calories burned as **a result of the workout, *not* the calories burned during the workout.** A pound of muscle requires an additional 30-70 calories to remain active. If you add 4 pounds of muscle your metabolic rate increases 120 to 280 calories per day. By training to failure, you will add significant muscle to your body, which causes the body to need more calories at rest. A muscular body at rest is constantly burning fat. The calories you burn in a Power of 10 workout are comparable to traditional cardiovascular training. Heart rates during the largest high intensity research project at West Point had cadets reaching levels not met on their treadmills.

[BACK TO TOP](#)

Q9: What should I do to warm up before my workout?

A9: Your muscles remain close to normal body temperature at all times, even if your skin feels cool to the touch. Contrary to popular belief, muscles don't need to warm up beyond normal body temperature. By the time you start sweating, your muscles are already beyond their optimum operating temperature. Your joints and muscles do require a bit of extra lubrication during exercise, but the most efficient way to lubricate them is to begin the actual exercise, slowly.

The Power of 10 protocol minimizes inertial forces, and therefore the stresses on your joints. The first few repetitions, which are never explosive and are performed slowly, allow time to send a message to the joints, ligaments and tendons to lubricate and warm up.

We don't recommend any steady state activity as a warm up before the workout, as preheating will sap your strength, and compromise your workout.

For optimal results and safety, it is best to keep your body as cool as possible prior to and during your workout. You should wear light clothing when you train.

[BACK TO TOP](#)

Q10: What about stretching before beginning an exercise session?

A10: While stretching feels great, it is unnecessary, for much the same reasons enumerated in the warm up question.

[BACK TO TOP](#)

Q11: How often should I work out?

A11: The majority of our clients train once a week and get excellent results. Some start at twice a week to jump-start their program. Because the workouts are so complete, it is recommended that the muscles have adequate time for recovery. For many people this can take 4-7 days.

[BACK TO TOP](#)

Q12: Isn't such a high intensity of exercise dangerous for some people?

A12: The risk of injury does not come from the intensity of an exercise, but from the inertial forces associated with rapid acceleration, fast movement and abrupt changes in speed or direction. Our protocol minimizes these forces

[BACK TO TOP](#)

Q13: Can't I injure myself merely by attempting to lift too much weight, even when moving slowly?

A13: Each one-on-one training session is conducted by a certified Power of 10 instructor who is trained in understanding how much weight should be used by each individual. With the trainer's guidance, injury is highly unlikely because force and explosive movement are not being used to move the weight.

We use only the resistance that you can move smoothly and slowly, paying strict attention to perfecting your form, and in accordance with muscle and joint function. We only increase the resistance over time if you are able to lift and lower the weight, without rest or compromising form, until you achieve momentary muscular failure on each exercise within a time frame of 1 to 2 minutes.

[BACK TO TOP](#)

Q14: What results can I expect to get if I train hard with High-Intensity Strength Training and eat right?

A14: With Power of 10 High-Intensity Strength Training and a healthy diet you can expect to see: Increased muscular strength and endurance
Improved cardiovascular efficiency
Increased bone mineral density
Increased metabolic rate
Prevention and delay of muscle loss due to aging
Discriminate weight loss
Improved muscle tone and definition
Enhanced flexibility
Contribution to body leanness
Stress reduction
Improved self image, self esteem and self confidence

Q: Is high intensity strength training really better than doing volume sets, lots of reps, 4 or 5 days a week, along with running?

A: Were not saying that doesn't work; of course it does but consider the costs. Would you rather get all those benefits, with no risk of injury, in only one or two 30-minute sessions every week?

Value of CORE training.

The definition of "CORE" is "the central, innermost, or most essential part of anything." That is exactly why core strength has become one of the hottest buzzwords of fitness. Known to athletes as the center of their power, the core has come to the attention of the masses.

The Core refers to all of the muscles deep within and around the spine or pelvis and run the entire length of the torso. Some of these muscles include the transversus abdominis (TVA), the muscles of the pelvic floor, the lats and the obliques, just to name a few. These muscles are where all movement originates and it's also the source of our stability.

Whether you're running, lifting weights or picking up your toddler, these 'core' muscles support your spine to help keep your body stable and balanced. The torso is the body's center of power, so the stronger you are in that area, the easier your daily and recreational activities will be.

Strong core muscles make it easier to do most physical activities — from swinging a golf club to getting a glass off a top shelf or bending down to tie your shoes. Weak core muscles leave you susceptible to poor posture, lower back pain and muscle injuries.

Why train the lower back and neck areas?

- While no one is ever completely safe from injury, strong lumbar muscles go a long way toward injury prevention in both sports and routine activities like carrying groceries or picking up a child.
- Strong lumbar muscles help your extremities to work well in conjunction with the rest of your body. So when you're teeing off or serving, muscles throughout your body contribute to the effort and cushion the strain on your joints.

A strong and flexible lower back is the foundation for whole-body strength.

We are proud to offer the **MEDX SPINAL FITNESS SYSTEM** to our clients. It is a medically-based workout system that delivers the four factors essential to spinal health: strength, stability, flexibility and endurance. The workout is delivered through biomechanically designed machines which clinical research has shown to isolate and strengthen the low back and neck. By focusing on strength, stability, flexibility and endurance, this workout provides a solid foundation for whole-body strength.

Lumbar Strength

Patented, effective pelvic restraint system that keeps gluteus and hamstring muscles from interfering with the targeted exercise area

- Provides isolation of the lumbar spine muscles, increases stability and allows specific, intensive strengthening
- Regular use may help prevent injuries, remedy chronic back pain and contribute to disc hydration

4-Way Neck

- Biomechanically precise—trains the flexion and extension muscles of the neck for improved range of motion
- Stretches and strengthens the cervical spinal muscles for decompression of the upper spine while promoting increased omni-directional strength and flexibility of entire neck
- Based on the superior biotechnology of the MedX Medical Neck Extension machine used in spinal rehabilitation facilities around the world

Torso Rotation

- Completely isolates waistline muscles
- Unique padded restraint system neutralizes shoulder, arm and chest muscles
- Separate system of padded restraints effectively locks the pelvis and prevents the hip and gluteus muscles from assisting in rotation of the torso
- Increases strength and flexibility at the core of the body, making it a favorite among golf pros looking to increase club head speed

Ab Isolator

- Patented biomechanical design provides the highest possible degree of isolation for abdominal muscles
- Neutralizes hip flexor muscles and restricts arching in the base of the spine—unlike other ab machines
- Provides core abdominal muscle isolation while eliminating the hazard of lower back discomfort for a superior abdominal burn

