

The Slow-Motion Secrets

The single most important thing to remember when doing slow-motion exercise is that *it's about working your muscles, not about momentum.* “No matter what, you want to avoid jerking or yanking the weight,” says Fredrick Hahn, owner of the Serious Strength Studio (www.seriousstrength.com) in New York and co-author of *The Slow Burn Fitness Revolution* (Broadway Books). “It should take three seconds to move the first inch and one second for each additional inch of movement.” Here are more guidelines from Hahn:

- Move the weight or your body as slowly as you possibly can—as if you were picking up an infant. Or slowly count to 10 in each direction.
- Go for quality over quantity. Do only as many reps as you can in proper form.
- Perform only one set of each exercise. If you feel you can do

more, you're moving too fast or the weight/resistance is too light.

- Use appropriate weights for your fitness level. If your muscles aren't tired after one set, you need to increase the weight and/or the resistance.
- Don't hold your breath. You need oxygen to fuel your muscles.