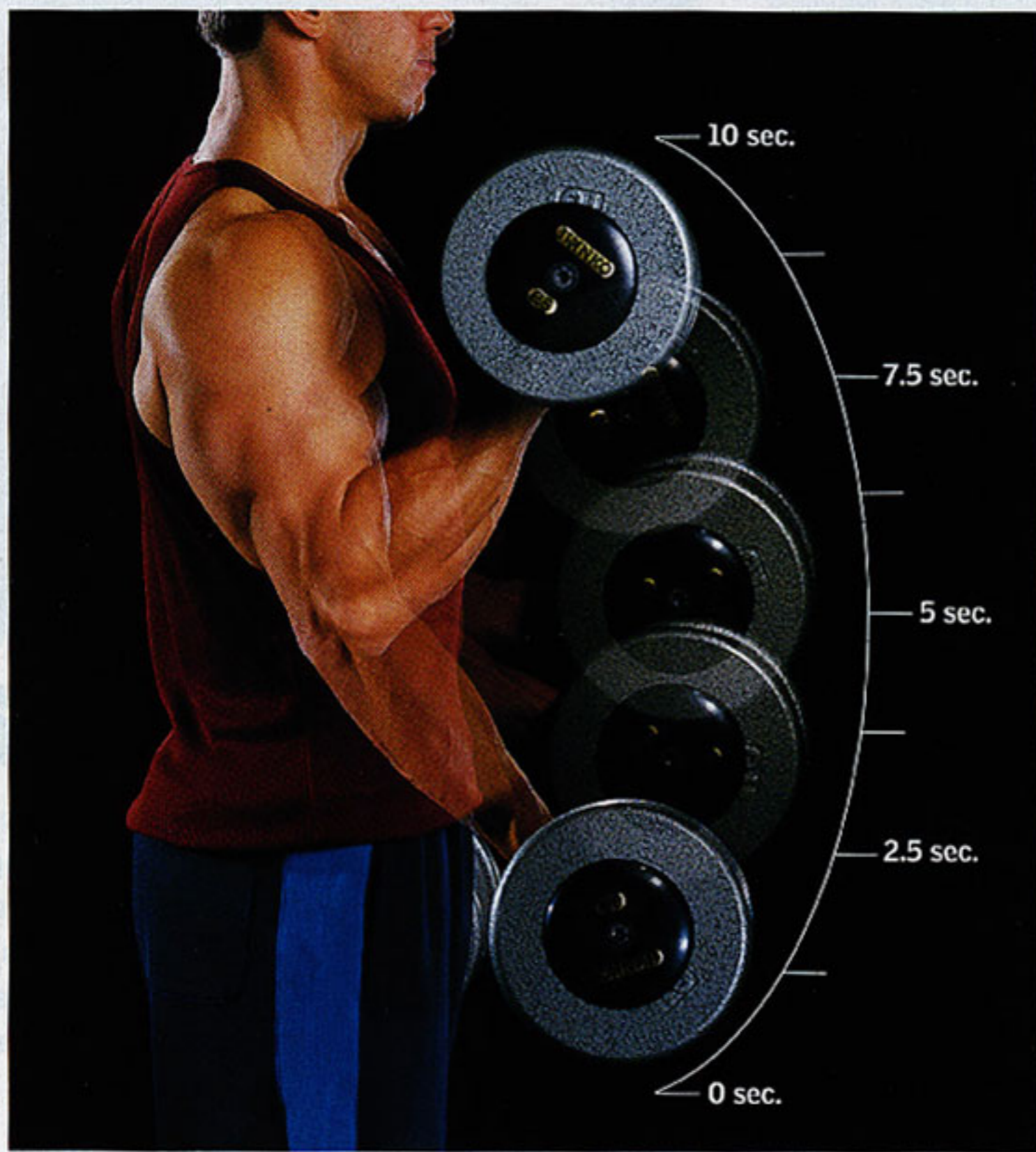


SMART TRAINING ■ Sounds counterintuitive, but you can quickly gain muscle using very slow repetitions
By Jim Stoppani, Ph.D.

Slow It Down for Faster Results



program can be tricky, especially if you're new to this concept or you've just perfected the workout you're currently using. This is where slow-repetition training comes in—it allows you to tinker with your routine without actually changing it.

HOW SLOW CAN YOU GO?

While the term *slow training* covers a broad spectrum of possibilities, we provide you with two of the most popular methods: superslow and slow burn. Choose the one that best fits into your training timetable. (For simplicity's sake, we've used the curl to illustrate each approach.)

OPTION #1: SUPERSLOW TRAINING

Popularized by Ken Hutchins, president and founder of the SuperSlow Exercise Guild, this method requires you to slow your rep speed way down and make a corresponding reduction in weight.

- Use about 50% to 70% of the weight you normally lift.
- Start the repetition very slowly and methodically, using just the biceps to initiate the movement and minimizing help from other muscle groups, such as shoulders, back and legs.
- Curl the weight up in a slow but continuous arc that takes 10 seconds to reach shoulder height.

From low reps to extremely high reps, circuit workouts to power workouts, supersets to drop sets—if you've spent any length of time hitting the weights, then it's likely you believe you've tried it all. But whether you're new to the weight room or have been at it so long that you could teach your gym's PT a thing or two, the most important concept to learn is *change*.

Frequently mixing up your routine will keep it from getting stale, and will provide a constant

challenge to your muscles that will force them to adapt and grow. But knowing how to change your