

THE PROS OF TAKING IT SLOW

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Slow-rep training (taking about 7–10 seconds for each phase of the lift) has numerous benefits that separate it from more conventional rep speeds.

>>OPTIMAL TENSION. Slow repetitions allow you to more evenly apply the resistance to the muscle by reducing the momentum throughout the ROM. This means the muscle does more of the actual work, improving overall strength and mass.

>>FIBER STIMULATION. Slow reps taken to failure stimulate both slow- and fast-twitch muscle fibers. This is the best way to optimize muscle growth.

>>HEAVY WEIGHT. Contrary to popular belief, you don't have to use lighter weights when you use slow reps. The number of reps you perform isn't what's important; what matters is the total time the muscle is under tension. Science on the subject dictates a 30–90-second window for best results.

>>HIGH INTENSITY. Training with slow reps is painful. Fact is, any high-intensity strength-training program is uncomfortable to perform. You'll only get around this fact by lowering the intensity level — which in turn will decrease muscular stimulation and your results.

>>EFFICIENCY. Slowing your reps requires a more intense effort. This creates a more efficient bodybuilding program by reducing the amount of volume (both sets and sessions per week) you need.

>>INJURY PREVENTION. Training with slow reps creates a safer training environment by reducing the sudden forces at the start and end of a repetition — great for preventing injuries as well as rehabilitating present injuries.

>>ENHANCED SPORTS PERFORMANCE. Research shows that training slowly doesn't make a person slow, nor does speed training with weights make a person fast. Strength training is supposed to make a person stronger, and stronger muscles are capable of producing more force. Slow training will make you very strong, athlete or not. Athletic performance is enhanced if you perfect your given sport or skill and improve the strength and endurance of your muscles.

SIZE

STRENGTH

SAFETY

ATHLETICISM