



MINUTES TO FITNESS

Changing the Way You Look at Exercise...Forever!

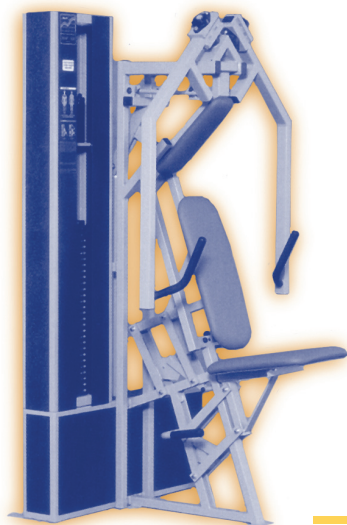
PEOPLE ARE TALKING ABOUT
20 MINUTES TO FITNESS

Men's Journal

SLOW DOWN, BULK UP

How to build maximum strength in minimum time

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By David Spurrer



The philosophy is based on lifting moderate weight at a slow pace of 20 seconds per repetition to achieve muscle failure in a single set. Doing just five or six basic exercises builds muscle mass and improves cardiovascular fitness more rapidly than traditional weight training does. The principle is simple: the slower you go, the more muscle you use and the less you rely on momentum to help move the weight. Exercise physiologist Wayne Westcott conducted two controlled studies at the South Shore YMCA in Quincy, Massachusetts in 1993 and 1999 and found the

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experienced weight lifters who did 14-second reps gained strength at twice the rate of those who did seven-second reps. “Slowing things down puts more stress on the muscles, taking them to a higher level of fatigue,” Westcott says. “That gives them all the stimulus they need to grow.”