

INSIDE: THE 24 BEST AB EXERCISES EVER!
★ Vitamin Power! A Special Pull-Out Chart ★

EXERCISE

For Men Only

IN PURSUIT OF TOTAL FITNESS

June 2001 \$5.95 ©

Triple **AB**

Assault!

■ Washboard
Abs In A Crunch

■ Melt Those
Love Handles
Away Fast!

■ 4 Secrets
For A Great
6-Pack

Exercise To End
NECK PAIN
Forever!

Divide & Conquer!
**A SPLIT
PROGRAM**
For Massive Muscles

**Super
STRONG
LEGS** The Old-
Fashioned Way

Fat? Stressed?
HYPNOSIS
Can Help!

**Sexy
Swimwear**
For Summer



Display until June 4, 2001

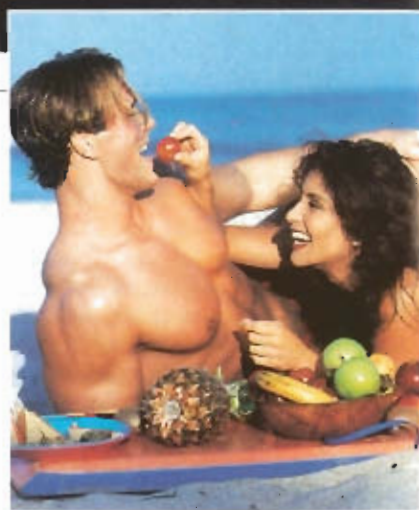
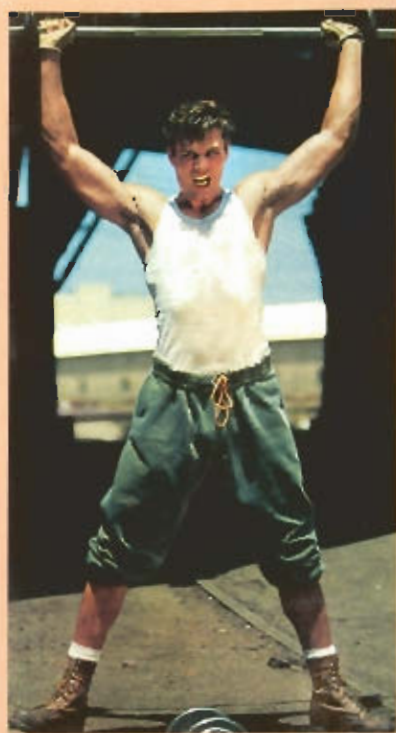


BE LIKE CHARLES ATLAS

An old strength training and muscle-building method is making a comeback – and with super results. It's called isometrics, a training method popularized by the legendary Charles Atlas. The famed muscleman "first promoted isometric exercise in his famous Dynamic Tension course in the 1950s, which advocated isometrics as the sole means of gaining strength," according to Dave Tuttle, author of *50 Ways To Build Muscle Fast* (Avery Publishing Group, 2000). Although there were tried-and-true methods of enhancing strength in the '50s – including barbells, dumbbells and some cable machines – Atlas started a craze with his Dynamic Tension program. Still, Tuttle maintains, isometrics should be used in conjunction with free weights, not in place of them.

"When you force the palms of your hands together," he says, "you are performing an isometric contraction for your pectoral (chest) muscles." He points out that isometrics occur "when a muscle contracts against an object that does not move." The key is to work through a tough set of, say, bench press or shoulder press, and continuing to push on the 10th rep even if you can finish it under your own power.

"After a set of progressive resistance exercise, maintain isometric tension for 15-20 seconds without holding your breath," Tuttle explains. "Strength gains from isometrics are specific to the joint angle trained, so try to mimic the action you did during your set as much as possible." Muscle growth occurs here because the muscle fibers are still being stimulated, even though the barbell barely moves as you apply dynamic tension on your last rep. This is exhausting, but it works. Although pressing your hands together will never substitute for the bench press for building muscle, complementing weight training with isometrics can give you tremendous new growth.



EATING TO MAXIMIZE GH RELEASE

A study in the *Journal of Applied Physiology* showed that your body's production of growth hormone, an important muscle-builder, can be increased significantly by the food you eat. To maximize your GH release, the researchers recommend that you consume a combination of carbohydrates and protein two hours preceding an intense workout and the same immediately afterward.

A ONE-TWO PUNCH FOR SIZE & STRENGTH GAINS

Don't have enough time to train due to work, school or other commitments? Don't fret. Says strength training guru Pavel Tsatsouline: "You can build huge muscles on a super-abbreviated program of deadlifts and bench presses. There is no need to do other exercise drills." He hammers home the point about the growth-producing benefits of these two movements by quoting former Mr. America Tony Pandolfo. "If you work the heck out of the deadlift," he said back in his heyday in the 1960s, "you'll get growth in your upper and lower back, thighs and hips. If you bench press hard, your upper body will take off." Sounds like good advice.

