



The New Rules

It's never been easier to get from where you are to where you want to be



lot of men know just enough about the rules of fitness to be scared away from starting a workout routine. No pain, no gain? No thanks. But that's why we

prefer to do our rulebreaking in the gym, where it does the most good. The latest stuff coming down from the physiology labs and exercise eggheads shows that you can make big gains with a relatively small investment of pain and time. If the old rules have left you fat and tired, it's time for some new rules. For a new you.

CHANGE YOUR BODY BY CHANGING SPEEDS

Simply running faster for a minute, then going a little slower for a minute, helps you lose weight faster than moving at a steady pace, according to a study in *Medicine and Science in Sports and Exercise*. After 10 weeks, those who changed speeds lost more weight and more fat. Bonus: better thyroid function, too!

✓ **FOLLOW THE RULE:** Gradually increase your running speed to one you think you can maintain for 20 minutes or so. Go slightly faster than that pace for a minute, then run a minute at a slightly slower speed. Continue for about 20 minutes, then cool down for five minutes. In no time you'll be donating pants to the Home for Middle-Aged Fat Runners.

20 MINUTES, TWICE A WEEK

That's all it takes for a major health upgrade, says Bert Jacobson, Ph.D., an exercise researcher at Oklahoma State University. Jacobson examined the absentee records of 79,000 workers and found that those who did a

Of Fitness

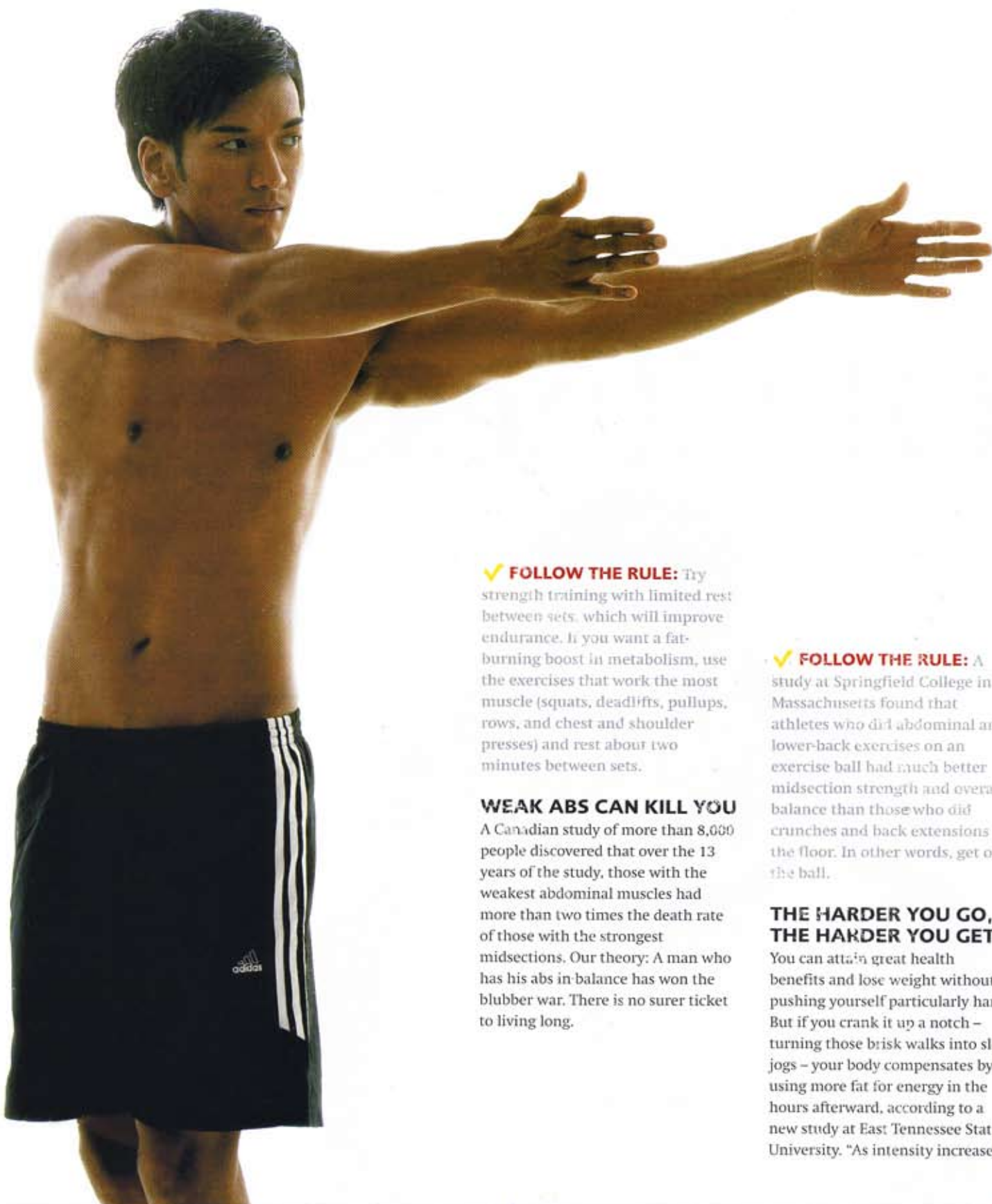
little exercise had fewer sick days than inactive guys. And here's the really cool part: The twice-weekly exercisers saw the same health gains as those who worked out a lot more. "You don't have to bust your butt to get benefits," Jacobson says.

✓ **FOLLOW THE RULE:** If you're not exercising at all, schedule two brisk 20-minute walks a week. Or four brisk 10-minute walks. You can achieve the same results with 10-minute chunks of exercise as you can with longer sessions. Just keep the total exercise time the same.

IF YOU HATE TO JOG, DON'T

Despite the benefits of aerobic exercise, you can reach the same goals through weight lifting and a healthy diet, with a few added dividends: bigger, stronger muscles and bones, a faster metabolism, less fat. In fact, a new study at the University of Wisconsin at La Crosse found that a single session of heavy lifting can increase a man's metabolism for the next 48 hours. (Following moderate aerobic exercise, metabolism goes back to normal after half an hour.)





✓ **FOLLOW THE RULE:** Try strength training with limited rest between sets, which will improve endurance. If you want a fat-burning boost in metabolism, use the exercises that work the most muscle (squats, deadlifts, pullups, rows, and chest and shoulder presses) and rest about two minutes between sets.

WEAK ABS CAN KILL YOU

A Canadian study of more than 8,000 people discovered that over the 13 years of the study, those with the weakest abdominal muscles had more than two times the death rate of those with the strongest midsections. Our theory: A man who has his abs in balance has won the blubber war. There is no surer ticket to living long.

✓ **FOLLOW THE RULE:** A study at Springfield College in Massachusetts found that athletes who did abdominal and lower-back exercises on an exercise ball had much better midsection strength and overall balance than those who did crunches and back extensions on the floor. In other words, get on the ball.

THE HARDER YOU GO, THE HARDER YOU GET

You can attain great health benefits and lose weight without pushing yourself particularly hard. But if you crank it up a notch – turning those brisk walks into slow jogs – your body compensates by using more fat for energy in the hours afterward, according to a new study at East Tennessee State University. “As intensity increases,

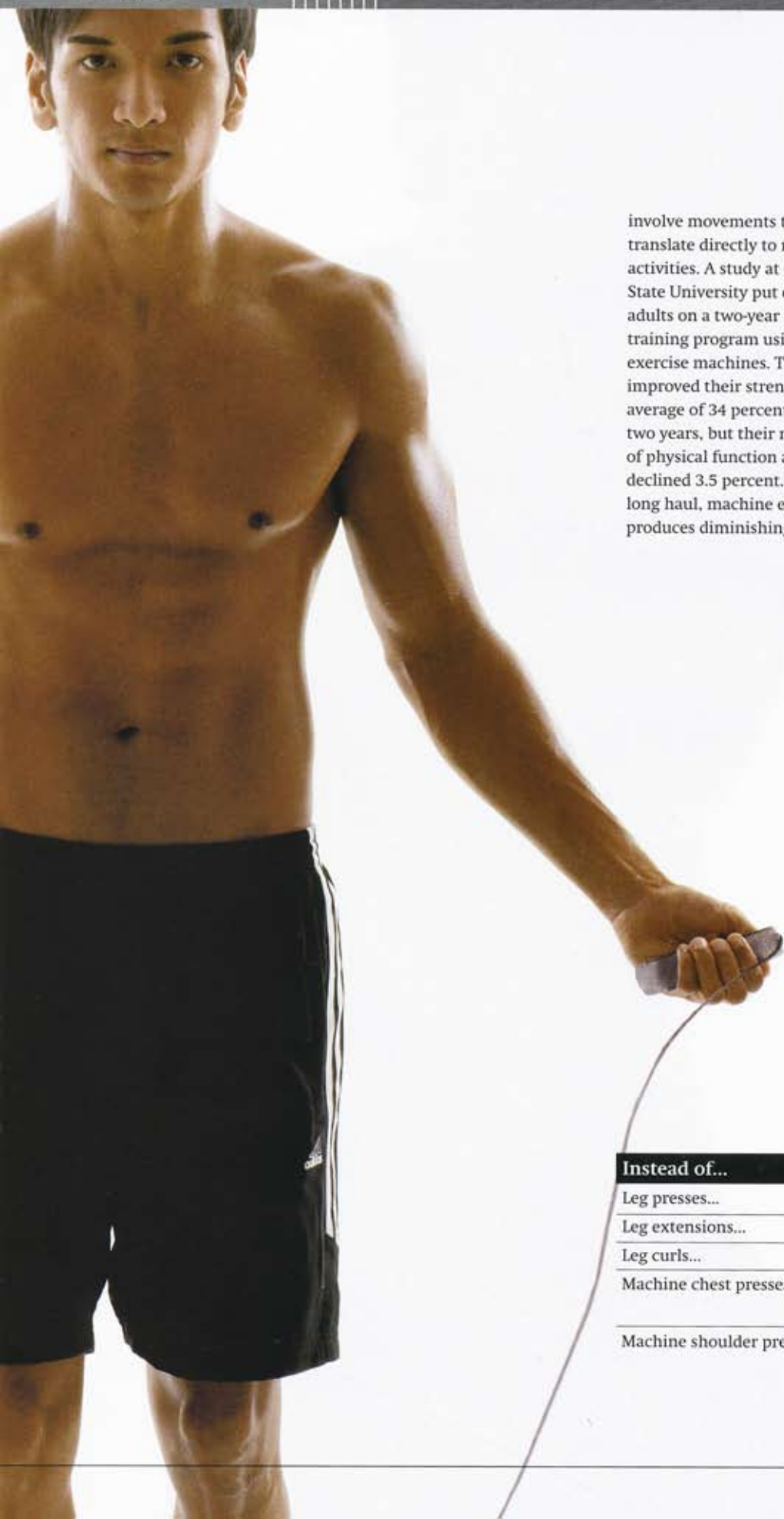


your body shifts to using more fat after exercise," says Craig Broeder, Ph.D., who conducted the study of men in their mid-20s.

✓ **FOLLOW THE RULE:** The men in the study worked at 60 percent of their maximum aerobic capacity and burned 720 calories in the workout. You can tell you've reached 60 percent of your maximum when you're breathing steadily and deeply. You should be able to speak during these workouts, as long as you keep your comments brief. To burn 720 calories in a workout, a 180-pound man would need to jog for 53 minutes at a 10-minute-per-mile pace.

LIFT FREE OR DIE

The easiest strength exercises – the ones you perform on machines –



involve movements that don't translate directly to real-life activities. A study at Georgia State University put older adults on a two-year strength-training program using exercise machines. The seniors improved their strength an average of 34 percent in the two years, but their measures of physical function actually declined 3.5 percent. Over the long haul, machine exercise produces diminishing returns.

✓ FOLLOW THE RULE:

If you're currently using machines, switch to free-weight exercises to improve flexibility and balance. Try these functional moves, suggested by Juan Carlos Santana, C.S.C.S., owner of the Institute of Human Performance in Boca Raton, Florida.

Instead of...	Try...
Leg presses...	...Squats
Leg extensions...	...Lunges
Leg curls...	...Romanian deadlifts
Machine chest presses...	...Dumbbell chest presses while lying on a stability ball
Machine shoulder presses...	...Dumbbell clean-and-presses (lifting weights from just above knees to shoulders, then overhead)