

WHAT YOU SHOULD KNOW ABOUT WATER

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ROBERT KENNEDY'S
WOMEN'S FITNESS

APPEAL

Here's Your New Workout For '99

Start now for your
best body ever!

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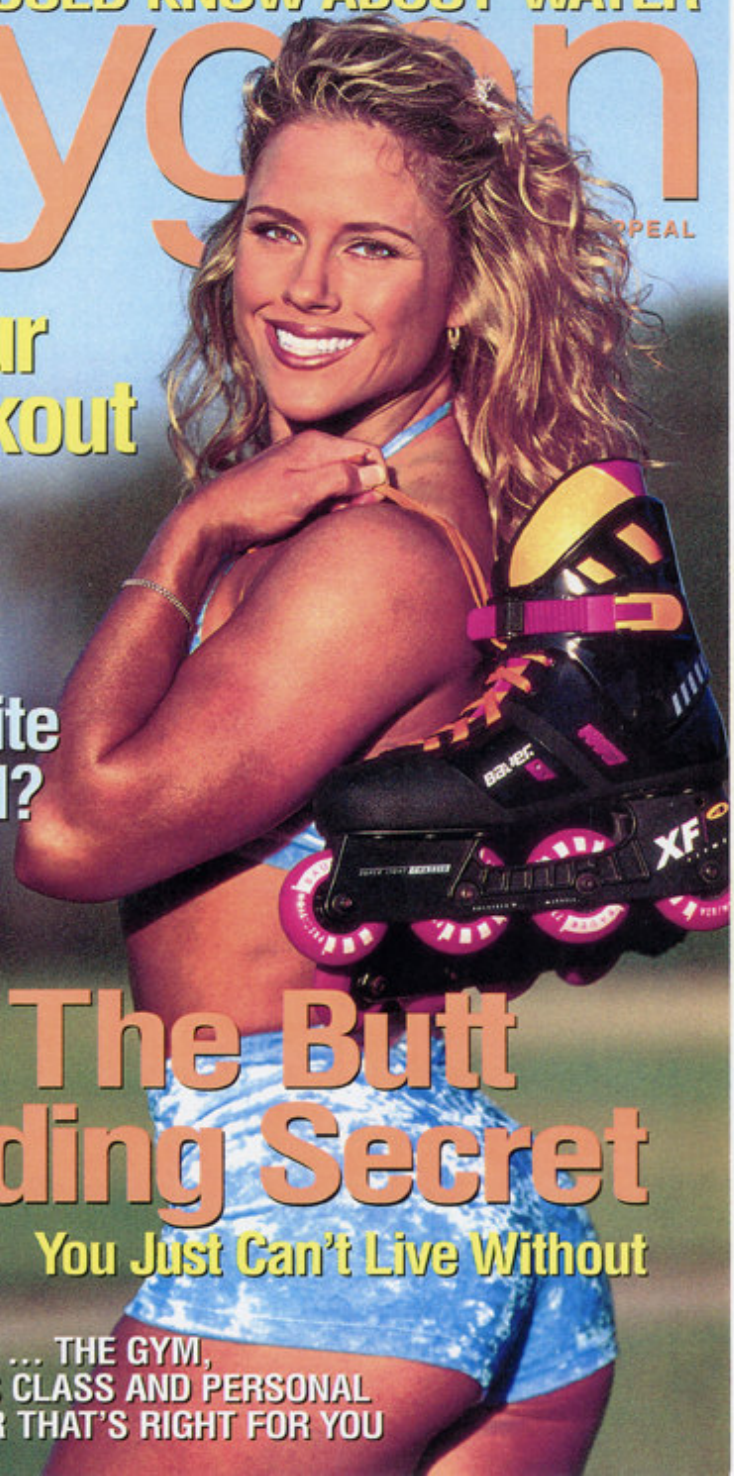
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— here's how

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new year, new you

Is one of your resolutions to look real fine in '99? Jump to it by following this complete workout program. It will turn your body from somewhat toned to totally built.

Admit it, your body is shapely and toned but definitely in need of fine-tuning. Whether you have aspirations to compete in fitness this year, or just want to look great in a bikini, take control of your destiny.

You can build a better-looking body (that's stronger too) in just a matter of months. Add more shape, size and definition to specific muscles, to create the ultimately balanced physique with aesthetically pleasing proportions.

Here's a routine that will help you accomplish your goals. It requires great intensity and a high volume of training. Each major muscle group is trained once per week. Since there are nine muscle groups, three are trained per workout. You can split your routines this way:

DAY 1: Chest, back, abdominals.

DAY 2: Quadriceps, hamstrings, calves.

DAY 3: Shoulders, biceps, triceps.

BRAD SCHOENFELD



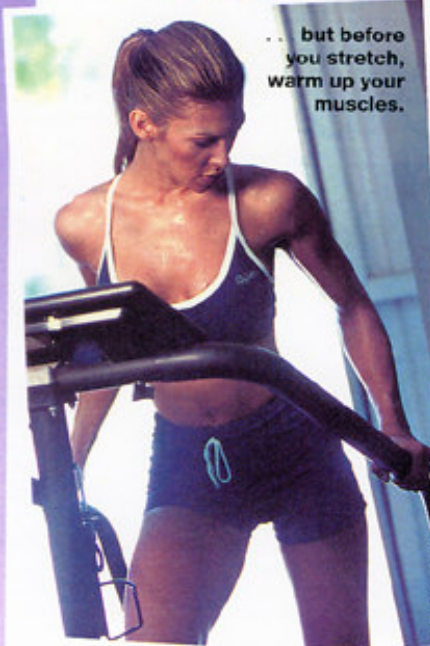
Be sure to stretch before, during and after your workout . . .

Jim Aronson/Photo Disc

SUPERSETS & GIANT SETS

You should start to employ supersets and giant sets in your workout. A superset combines two movements while a giant set combines three or more different exercises in succession without a rest. By performing exercises consecutively, you are able to generate greater intensity. As well, you get a considerable aerobic workout to accelerate your fat-burning capacity. Giant sets are particularly effective for maximizing definition and muscle tone.

To get the most out of a superset or giant set, choose exercises that require alternative angles and/or different muscular actions. For example, an excellent combination for the quadriceps would include: squats, leg extensions, and walking lunges. Squats stimulate the entire quadriceps as well as the hamstrings and glutes. They are performed first to allow for maximum strength and energy. Leg extensions isolate the lower portion of the quadriceps. Since this is a seated, single-joint movement, energy reserves are not as much of a concern. Walking lunges are a great finishing exercise. They stress alternative fibers of the quadriceps while providing a considerable aerobic workout. These movements all use the quadriceps, but they compliment each other to produce a sum that is greater than their parts.



. . . but before you stretch, warm up your muscles.

There are alternative ways to split your routine that are equally effective. The truth is, there is no single "best" method for combining muscle groups, so don't be afraid to experiment with different combinations to find what works best for you.

Before constructing the specifics of your routine, you should assess your physique to decide on a course of action. While you cannot change your God-given genetics, you have a substantial amount of control over the shape of your body. With bodysculpting you can significantly alter your proportions, creating a balanced, symmetrical physique. For instance, if you have a naturally blocky waist, no matter how much fat you lose, it will remain thick. By employing bodysculpting techniques to add muscle to your medial deltoids and upper back, your shoulder-to-waist differential increases. This will give your body the illusion of having a smaller waist, creating an hourglass physique.

The nine major muscle groups are explored on an individual basis with specific attention given to their bodysculpting potential. The exercises are classified into specific groups, showing you how to combine movements for maximal effect. Sample routines are offered, from which you can create an exciting, custom-designed program.



You need to stick to a healthy diet to make changes to your body.

Tom Gatti/Photo Disc

Don't forget to warm up thoroughly before your workout. Get your heart pumping, stretch, and perform a few light sets targeting the muscles being trained. This will ensure your muscles have ample blood flow and are prepared for the intense training they're about to undergo.

You should end your weight-training workout with cardiovascular activity. Study your physique and adjust the amount of cardio to your needs. If additional fat burning is required, increase the frequency and/or duration. If you are very lean, do not be afraid to reduce your cardio.

Also keep in mind that your body needs time for recuperation as well as a healthy diet to create the changes you're looking for.