

Women's SPORTS & FITNESS

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**TRAINING FOR
YOUR FIRST 10K**
AN EXPERT'S
STEP-BY-STEP GUIDE

**6 PRACTICAL
LUNCHTIME
WORKOUTS**

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EVERYTHING YOU
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**TAKE THIS JOB
AND LOVE IT:
FOUR WOMEN
ADVENTURE
GUIDES DO P. 47**



**SPORTS INJURIES. WHY IT HURTS,
WHY IT DOESN'T**

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DIR MATT BRZYCKI
RUTERS UNIV ATLC DPT COLLEGE AVE
NEW BRUNSWICK NJ 08903



With buddy workouts,
you can team up
to firm up.

If you like doing things together with your husband or boyfriend, make him your buddy. That is, ask him to be your partner in a manual resistance or buddy workout.

This training technique was first developed as a way to build strength when equipment wasn't around, but now it's catching on as a great way for couples to work out at home—and when you travel together it's much more convenient than lugging some weights with you. It's fast, too; all your major muscle groups will get a demanding workout in about 40 minutes—20 minutes apiece. There are eight exercises you will each do.

Lest you think the program is only for out-of-shape sissies, bear in mind that athletes at Penn State, the U.S. Military and Naval Academies, Michigan and Rutgers Universities, as well as the Washington Redskins rely on it as part of their strength training programs.

With buddy workouts, you can develop or maintain strength as effectively as if you were lifting weights. Why? Because muscles respond to resistance, and it doesn't really matter if it is being applied by a Nautilus machine, a barbell, a brick or even another person.

The only thing number crunchers may not like about buddy workouts is that they don't allow you to measure how much weight you're lifting or how fast you're gaining strength. You *can* get a general idea of your strength gains just by looking at and feeling your muscles, however.

A variation you might like to try is alternating buddy workouts with weight room workouts; it's a great way to keep your strength training varied and entertaining. For the most rapid strength gains, you should work out with a partner or in the gym a total of three times per week.

THE TECHNIQUE

In a buddy workout, both the lifter and the partner are actively involved all the time and should concentrate on the exercise to ensure maximum effectiveness.

The *lifter* should resist the partner with a slow, controlled movement throughout the greatest possible range of motion for each exercise. The "lifting" part of each repetition should take one or two seconds, and the "lowering" part, where you return to starting position, should take three to four seconds.

Instead of counting repetitions, you should simply perform each lower body exercise continuously for 90 seconds, and each upper body exercise continuously for 60 seconds. Have your partner keep

A WORKOUT BUILT FOR TWO

BY MATT BRZYCKI

track of the time so you can concentrate on resisting him for the entire exercise cycle—don't let your muscles relax until the end of the 60- or 90-second period. You only need to do one set of each exercise, as long as you train to the point where you can't do any more reps.

Your partner has responsibilities of his own. First, he has to time the exercise and let you know when your 60 or 90 seconds are up. Second, he has to provide enough resistance to allow your muscles to reach failure (the inability to do more reps) by the end of the exercise. To do this, he has to vary the amount of resistance he provides, because the lifter will be a lot stronger during the lowering phase of each exercise.

Be sure to talk often to your partner, and let him know if he's providing too much, too little or just enough resistance at each stage of the lift. You will have to work together several times before the movements come smoothly and you know how much resistance to provide for each other. But learning is half the fun!

THE PROGRAM

1. *Hip abduction* will work your outer hip muscles. Lie on your side with your legs straight and your feet flexed, pointed toward your knees. Your lower arm should be extended straight up, so that your ear rests on it, and your upper arm should cross at your waist so that your hand can steady you.

Your partner then stabilizes himself in a kneeling position behind you, and puts one hand just above your ankle and the other just above your knee. As you raise your leg, your partner should apply resistance at your ankle. As you *slowly* (remember to take three to four seconds) lower, he should continue to provide resistance at the ankle.

After 90 seconds, switch sides and repeat the exercise.

2. *Hip adduction* is an excellent exercise for your inner thigh. Sit on the floor with the knees bent, ankles touching the ground, and the soles of your feet together. Put your hands behind you for support, and make sure to keep your back straight, not arched.

Your partner should stabilize himself in a kneeling position in front of you, and put his hands on the inside of your legs just above the knees. As he applies resistance, you raise your knees upward until they almost touch each other. Then slowly return to the starting position as your partner continues to apply resistance. Continue for 90 seconds.

3. *Leg curls* work the hamstrings, located on the back of your thigh. Lie face down with your legs straight and toes pointed. Your partner should kneel beside you, at the knee (it doesn't matter which side of your body he's on). While

STEP 1

1. HIP ABDUCTION



START / FINISH



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2. HIP ADDUCTION



START / FINISH



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3. LEG CURLS



START / FINISH



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4. LEG EXTENSION

START / FINISH



he loosely holds your upper leg in its position on the floor with one hand, he applies resistance behind the heel with the other, as you raise your heel as close to your hips as possible, then slowly lower it.

After 90 seconds, work the other leg.

4. The *leg extension* exercise works the quadriceps, found on the front of your thigh. Sit on a table or desk that's high enough to keep your feet off the floor. Your partner should kneel in front of you and put one hand just above the knee to



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help hold your upper leg in position, and he should put his other hand on the top of your foot by the ankle. While he provides resistance, you raise your leg as high as possible, and return slowly to the starting position while he continues to resist.

After 90 seconds, switch sides.

5. The *bent arm fly* firms the chest (pectoral) muscles. Lie on your back with your knees bent and your fingers interlocked behind your head. Your partner should kneel behind your head and put one hand on top of each arm, just above

the elbow. While he applies resistance, you squeeze your elbows together and slowly return to the starting position, continuing for 60 seconds. You can also do these on a bench for more stretch at the bottom of the movement.

6. Your back and biceps (front upper arm muscles) will appreciate the *seated row*. You and your partner should sit down facing each other, with your partner's legs on top of yours. You should grasp a broomstick at waist level, with your hands slightly wider than shoulder width, palms up, and your arms fully extended. With your back straight, pull the broomstick toward you, keeping it at waist level. Your partner should provide resistance, and continue resisting as you return to starting position. Continue for 60 seconds.

If you don't have a broomstick, just grasp the wrists of your partner.

7. The *seated press* exercise shapes your shoulders and triceps (backs of the upper arms). Sit down with your knees bent and your upper body leaning back against your partner's leg. Hold the broomstick behind your head with your hands slightly wider than shoulder-width apart, palms up. Your partner should stand behind you, holding the broomstick with his hands just inside yours. Now push the bar straight up and return

5. BENT ARM FLY



START / FINISH



MID-RANGE

6. SEATED ROW



START / FINISH



MID-RANGE

slowly to starting position, while your partner provides resistance. Continue for 60 seconds and remember to keep your back straight!

If you are without a broomstick, you can do the exercise by pressing your palms together.

8. These *sit-ups* are guaranteed to tighten the stomach. Lie on your back with your legs straight up, against a bench or stool. Bend your legs at about a 90-degree angle (ideally) so your lower legs lie across the stool. Tuck your chin in and fold your arms across your chest.

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Have your partner *gently* sit on your shins and put his hands on your shoulders to provide resistance. Now use your stomach muscles to raise your upper body toward your partner. Try to go as far as you can, but don't worry if you don't get very high—your abdominals are only working during the first 30 degrees or so anyway. Then slowly return to the starting position (while your partner continues to push at the shoulders), but don't let your head touch the floor. If you get tired before the 60 seconds are up, your partner can help lift you. This exercise will give you a true understanding of what weight lifters mean by the word "burn."

That's the workout. As you can see, a lack of equipment is no longer an obstacle to developing strength. If the program gets boring, simply change the order of the exercises. Though virtually all your major muscles will be worked in less than 20 minutes, don't be fooled into thinking that this program is easy. It's very demanding and you'll probably ache in places you never knew existed.

But the toning up that results ought to make it all worthwhile.

Matt Brzycki is the assistant strength coach at Rutgers University. He works extensively with the women's teams.

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7. SEATED PRESS

START / FINISH



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8. SIT-UPS

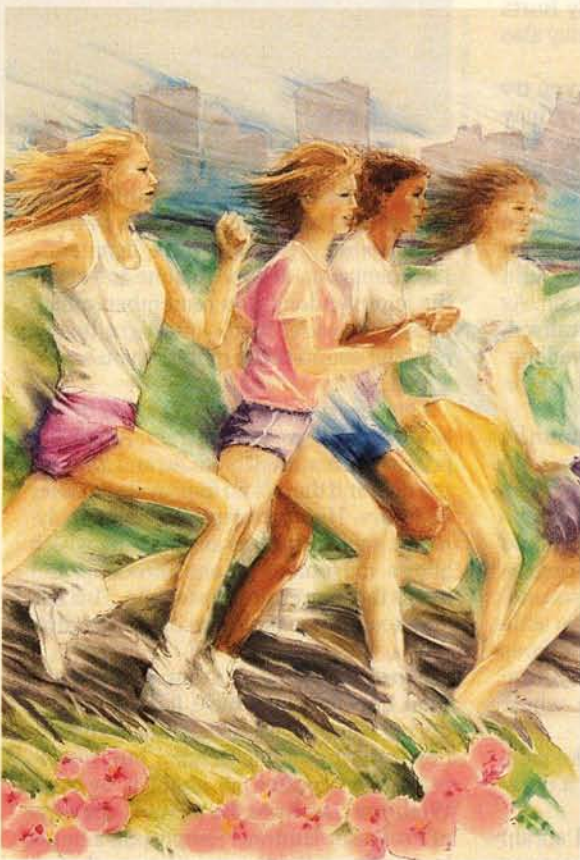


START / FINISH



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Woman is lifter in exercises 1-4 and 7. Man is lifter in exercises 5, 6 and 8.



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