

# JOE WEIDER'S SHAPE

## Hot Legs & Butt

Shape 'em up without  
setting foot in the gym

New uses for old drugs:  
Rx for trouble?

**5 secrets** to losing  
weight, forever

**PLUS** 21 meals that work

**Ballerina Body**

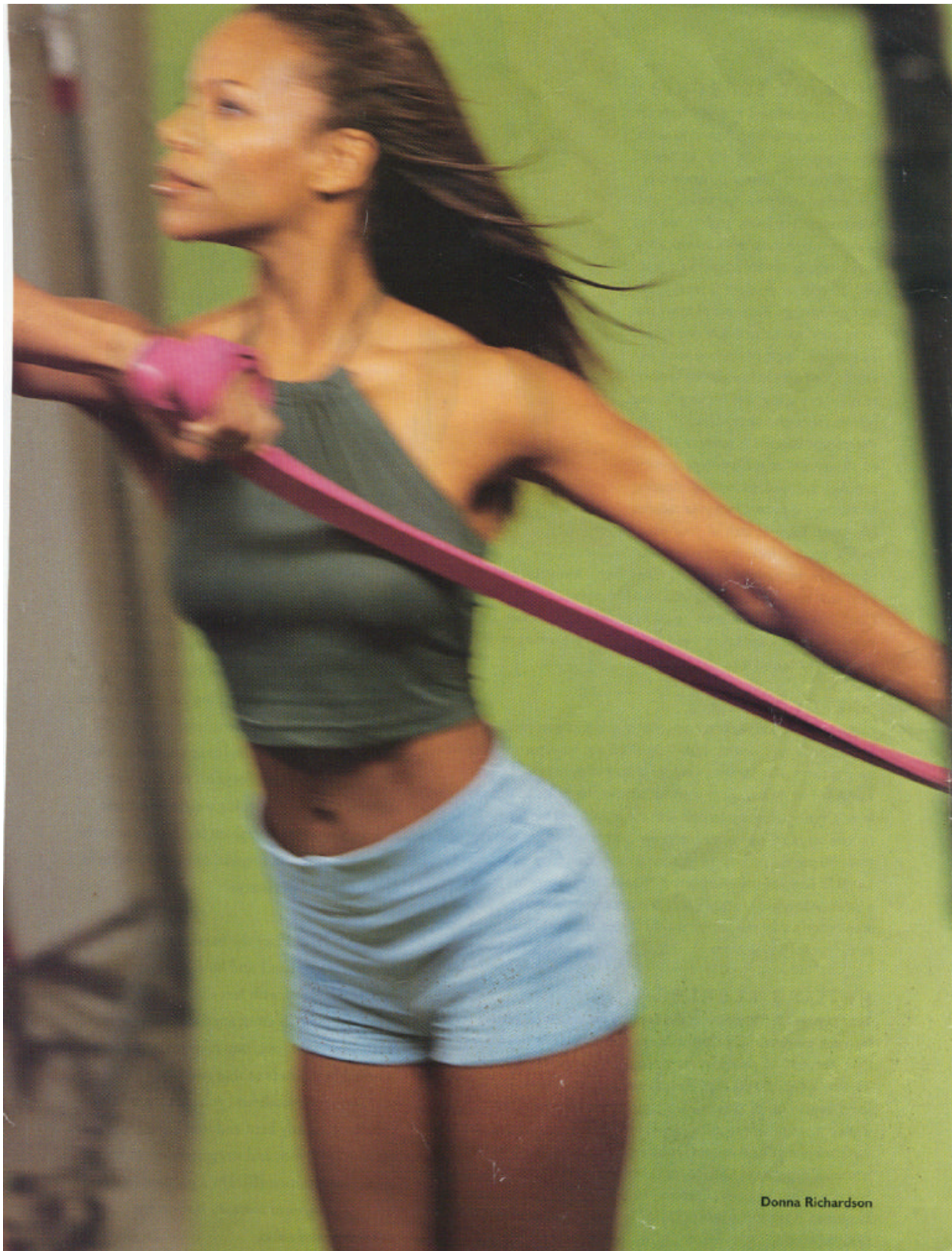
Pumping iron with the  
San Francisco Ballet

June 1997

\$2.99 U.S. \$3.59 Canada







Donna Richardson



# Power

If someone handed you a pair of elastic bands and promised you a great way to tone your legs and butt, you might be skeptical. Now what if you were told those same lightweight bands provided up to 50 pounds of pressure and can help build strength, muscle and power? All you'd have to do is pick up one of the seemingly flimsy bands and you'd probably lose faith entirely.

But William Kraemer, Ph.D., professor of applied physiology and director of research at the Center for Sports Medicine at Pennsylvania State University, is a believer — and he has the research to prove it. His recent 12-week Nike Total Conditioning study using Jump Stretch Inc. bands shows that those same lightweight bands, which are small enough to throw in your suitcase, can provide many of the challenges and benefits of weight-training machines (see “Study Break,” page 97). “By using this type of band for a progressive resistance training program, you can produce considerable increases in strength, power and lean muscle mass,” he says.

Unlike traditional strength training, the bands offer variable resistance, which means the resistance changes, in this case increases, as you go through the range of motion. According to Dick Hartzell, inventor of the Jump Stretch bands, they'll do wonders for your hard-to-target glutes. Hartzell knows: He's used his bands to train clients like 300-pound football players and professional baseball players, both of whom need explosive strength in their lower body.

When you combine these bands with moves designed by fitness pro Donna Richardson — star and co-star of 15 top-rated videos, author of *Let's Get Real* (Pocket Books, 1997) and inspiration for Nike's Air Max Mundo total conditioning shoe — you've got a first-rate summer shape-up to strengthen your entire lower body. Another bonus: This highly effective resistance workout might help you get through the summer without getting hurt. “Getting stronger definitely makes you less likely to get injured,” says Richardson, who's our model on these pages.

So why not get a jump-start on your summer? Let's go!

Your secret weapon  
for summer-ready

legs and butt?

A beautifully simple  
training device.

# Tool



## workout schedule

This is a time-efficient strength workout that uses the Jump Stretch band to target your entire lower body. Plan to take at least 90 seconds to rest between exercises and set up for the next move.

**Frequency:** For levels I or II, do this workout two to three times a week along with a regular cardio program (at least two 30-minute sessions a week). For strength-training variety and to target the upper body, add or substitute one to two days of free weight or machine work per week. Don't exceed four weekly sessions of strength training, and be sure to rest between strength-training days.

**Warm-up:** Begin each workout with 10 to 15 minutes of low-intensity aerobic exercise, such as brisk walking, stepping or marching in place. Once your muscles are warm, lightly stretch all your major muscle groups, including the buttocks, quadriceps, hamstrings, inner and outer thighs, lower back and calves. Hold each stretch for about 10 seconds without bouncing.

**Cool-down:** Stretch buttocks, quadriceps, hamstrings, inner and outer thighs, lower back and calves. Hold each stretch for a minimum of 20 seconds without bouncing.

## the program

Follow Level I if you've been inactive for three months or more or you've never trained with weights. Follow Level II if you have been training with weights two to three times a week for at least three months.

**Level I:** First do the entire workout without the bands to learn proper form. Once you feel comfortable with the moves, add the bands. To start, do one set of 10 reps of each exercise twice a week; add two reps at a time until you can perform 14 reps comfortably, then progress to Level II.

**Level II:** Begin by doing two sets of 10 reps for each exercise three times a week. When you can do 14 reps comfortably, either increase the resistance or add a third set, beginning with 10 reps and working up to 14. Rest three minutes between sets.

## getting started

Turn to page 99 ("Positioning the Bands") for details on getting set up for each exercise. Jump Stretch bands are available in three sizes: Tall Light (about 30-55 pounds of resistance), Tall Average (60-85 pounds) and Tall Strong (70-120 pounds). For this workout, you'll need two Tall Light Jump Stretch bands (\$26/pair), a Jump Stretch adhesive belt (\$9) and a chair. If you're at a more advanced level of strength training, you may want to invest in Tall Average (\$36/pair) or Tall Strong (\$47/pair) bands for additional resistance. Or, you can purchase a complete Jump Stretch home gym that includes a platform, lift bar, adhesive belt, six bands, an instruction book and a video (\$245). To order, call (800) 344-3539 or (330) 629-2511.



**1. Squats** Place the bands as described in "Positioning the Bands" (page 99) and hold them as instructed. Stand with your feet shoulder-width apart, abdominals contracted and rib cage lifted [A]. Keeping your weight over your heels, bend at the knees until your thighs are close to parallel to the floor; knees shouldn't go past your toes [B]. Focus on pushing your tailbone backward, keeping weight over heels and back straight. Straighten legs to return to the starting position and repeat. *Strengthens buttocks, hamstrings and quadriceps.*

**2. Lunge** Place the bands in the same position as exercise 1 and hold them as instructed. Stand with feet shoulder-width apart, abdominals contracted and rib cage lifted. With your right foot, step forward into a lunge, bending both knees so that your right knee is over your right ankle and your left leg is behind you, knee slightly bent and heel lifted [A]. Push off your right foot and straighten legs to return to starting position [B]. Do reps, then lead with left leg. *Strengthens buttocks, hamstrings, quadriceps and calves.*



2A



2B



## Study Break

Last year William Kraemer, Ph.D., and his Penn State research team put the Jump Stretch bands to the test in a 12-week study supported in part by Nike.

In the study, 42 active women around the age of 30 added flex-band resistance training to a 25-minute step aerobics program three times per week. A control group of women maintained their usual activity levels. After 12 weeks, researchers found that members of the flex-band training group significantly increased both their lower body muscle strength and their time to exhaustion while riding a stationary bike; the control group showed no increase in either category. "Strength improvements achieved using the bands were very similar to those attained from free weights and machines [that we've seen in other studies]," says Kraemer. "Some women were squatting up to 190 pounds after three months of working out with the bands."

**3. Straight-Leg Dead Lift** Place the bands as described in "Positioning the Bands" (page 99). Stand with feet slightly wider than shoulder-width apart. Keep back straight and legs slightly bent; arms should be fully extended down in front of you, close to your body, and hands shoulder-width apart. Bend forward from the hips until hands are just below knees and back is parallel to the floor [A]. Contract your abdominals, bringing your shoulder blades together and down; straighten your torso and pull the band up to about mid-thigh level, until you're in an upright and neutral position [B]. Slowly bend forward to return to the starting position. *Strengthens hamstrings and lower back.*

3A

3B





Believe it: This type of band can give you a



4A



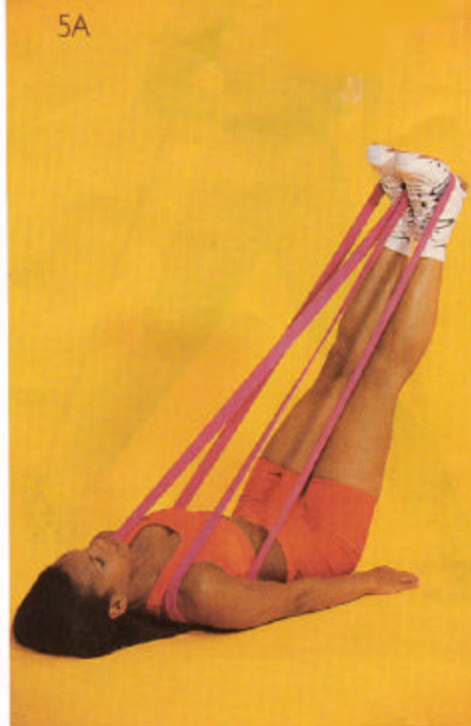
4B

#### 4. Donkey Calf Raise

Stand facing the back of a chair. Use the setup described in "Positioning the Bands" (opposite). Rest hands on the back of the chair [A]. Keeping your back flat (parallel to the ground) and your abdominals contracted, lift up onto your toes as high as possible [B]. Lower heels to return to the starting position. *Strengthens calves.*

**5. Lying Abduction/Adduction** Use the setup described in "Positioning the Bands" (opposite). Once you are lying flat on your back with your legs straight, position arms at your sides, palms flat on the floor, to maintain balance. With legs together, lift them to a 45-degree angle off the floor [A]. Separate legs until they are slightly more than shoulder-width apart [B], then slowly close them. Do reps. *Strengthens inner and outer thighs.*

**6. Straight-Leg Pulldown** Use the same setup as in exercise 5. With both knees slightly bent, keep right leg on the floor and raise your left leg off the floor as high as comfortably possible [A]. Then, maintaining a slight bend at the knee, pull leg down toward the floor [B]. Complete reps with left leg, then do reps with right leg. *Strengthens hamstrings and buttocks.*



5A



tough, targeted workout that rivals a leg machine.

## positioning the bands

Follow these instructions to get your bands in working order. If there's too much slack in the bands, wrap them an extra time around each foot. To increase resistance, you can add wraps (each wrap adds approximately 10 pounds of resistance) or use an additional Tall Light band. Or, switch to Tall Average or Tall Strong bands. If the bands rub against your skin, wear a sweat shirt, T-shirt or sweat pants.

Exercises 1 and 2: Use two bands. Attach the bands on either side of the adhesive belt. Position the belt across your back, just above your shoulder blades so that the bands form two loops that hang on either side of your body. Place one loop under each foot. Rest the bands in the V-shaped area between your thumb and forefinger and, with your elbows bent, hold your hands a few inches in front of you, slightly below shoulder height.

Exercise 3: Use one band. Grasp the middle of the band, palms facing down, and slide your hands out until they're shoulder-width apart. Two equal-sized loops should hang down on either side to form stirrups. Step into the stirrups so that the band is under the arch of each foot.

Exercise 4: Use one band. Bending at the hips, position a band across your lower back, just over your hips. Place one end of the band under each foot to form a rectangle that stretches across your back, around your hips and to the floor.

Exercises 5 and 6: Use two bands. Attach the bands on each side of the adhesive belt so they form two loops. Sit on the floor with your legs extended straight in front of you. Position the belt across your back, just above your shoulder blades. Place one loop around the arch of each foot, and recline so that you're lying flat on your back.

