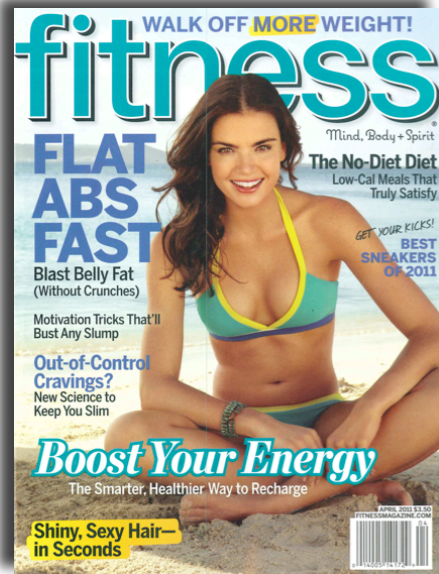


On Your Mark  
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**fitness.**



get fit | NEWS By Jenna Autson

**Be a Lean Machine**

**Muscles can learn new tricks no matter your age**, according to a recent study in the *Journal of Strength & Conditioning Research*, which determined that women in their twenties and sixties gained strength in the weight room at the same rate. Take your fitness to the next level with these easy tweaks.

**Firm faster.** Add 5 percent more iron to your reps. For example, if you've mastered 100 pounds on the leg press, go with 105 next time. When exercisers in the study could crank out two consecutive sets of 12 reps at a particular weight, they added 5 to 10 percent more pounds to the machine and became up to 38 percent stronger after 13 weeks.

**Supertone your ticker.** Do 30- to 60-second bursts of higher-intensity exercise—for example, hop off the treadmill to do push-ups and squat jumps—to increase your cardio capacity. "Include six speed intervals once or twice a week to your steady cardio" to pump up your heart muscle, says Emily Hutchins, an owner of On Your Mark Coaching and Training in Chicago. See page 96 for an interval plan.

**Power up.** Do supertast lifts. "This increases your muscles' power—the measure of how quickly you can generate force," says trainer Brad Schoenfeld, author of *Women's Home Workout Bible*. His rule of thumb: Lift a weight in a split second (for example, push up quickly on overhead presses and on weight machines), then lower it for a count of two.

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Escape Get Started Tank (\$30, under [armour.com](http://armour.com))  
Washed Neon Pink Shorts by C9 by Champion for Target (\$15, [target.com](http://target.com))

For your sweat session, check out lightweight sneaker styles, like the Adidas ClimaCool Rides (\$100, [adidas.com](http://adidas.com)), which can be folded to fit in luggage. Or book at a hotel with loaner workout shoes and apparel that guests can borrow. Try the Westin if you like New Balance, or Fairmont hotels for Adidas.

**NO SWEAT?** Pit stains explained: Researchers discovered that women sweat 20 to 30 percent less than men at the same exercise intensity level, even though we have more sweat glands. Source: Osaka International University and Kobe University in Japan

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