

The 20 Minute Way to Strength



Those trying to increase or maintain physical strength employ many different methods. Some depend on manual labor at home or work, some use free weights, while others use Nautilus-type machines. When properly used, the latter are both effective and safe. But most users just pump out reps, take short rests, and then pump out more reps before moving to the next machine. Two to three sets of, say, 10 reps are commonly employed. Each repetition is either done as fast as one can, or perhaps done on a 4 count out and a bit faster in. Those who go through a lot of machines may take 40 minutes or more to do this. Typical advice is to do this at least three times per week.

Now suppose you don't want to workout at least three times per week, and you don't want to spend 40 minutes or more dealing with those machines. Do not fret: advocates of the [SuperSlow™ exercise protocol](#) have something that takes far less time and is still safe and very effective.

It is tailor-made for Nautilus-type machines. Keeping your form as recommended on each machine, you move the weight very smoothly and slowly **for 10 full seconds**. This is a lot harder than it sounds; you appear to be barely moving. Then without pausing, you let the weight off in, say, 5 to 10 seconds. Then you immediately start another rep as smoothly as possible -- no jerking! You do 6-8 reps this way, so a single set on one machine will take around 2 minutes. **IT IS VERY IMPORTANT NOT TO HOLD YOUR BREATH WHEN YOU DO THIS!!**

After completing a single set, you quickly move on to another machine and do the same.

A workout consists of 6-8 machines, so 2 minutes per set plus time getting to and setting the next machine adds up to around 20 minutes. You never work out more than once every three days, and some folks (like me) do fine working out just once a week.

You will likely need to cut your normal poundage in half (or more, at first) in order to do this correctly. Either watch a wall clock with a sweep second hand, or have someone else time your reps for you. Most people start to speed up the reps as the burn sets in, which happens all too quickly!!

Because it takes quite a bit of practiced discipline to do things correctly on your own, **YOU SHOULD EMPLOY A SuperSlow™ TRAINER**, who will (1) design the optimal sequence and rotation of machines for your needs, and (2) ensure that your form and breathing are correct to keep your sessions both safe and effective. According to the Web, there is a [SuperSlow™ Gym in Englewood, CO.](#), although I haven't yet checked it out at all. I have been doing this for more than 15 years and hence can't be taught new tricks.

Want to learn more? Obtain a copy of the book Power of 10: [The Once a Week Slow-Motion Fitness Revolution](#) .