

MOVE OF THE MONTH

Follow my lever

New Navy-inspired stability kit gets our man's seal of approval

The US Navy's Sea, Air and Land forces have enough to worry about without trying to fit multi-gyms on their ships. But the SEALs need to stay fit and so they turned to the TRX, an adjustable lever system that you attach to a bar, which you can now buy. Chris Ward, national training personal training manager at Fitness First, is a fan.

'I like the fact that it's flexible,' Ward says. 'You can go from one exercise to another quickly – say, from doing a back to a shoulder to a chest exercise without resting or letting go of the handles.'

'You can do similar exercises on a dual pulley with two handles but often the cables on those machines aren't long enough. With the TRX, you can easily adjust the weight halfway through a set. If you want to do ten reps but you're struggling after four, all you have to do is move your feet to be more vertical.'

'As part of your workout, do ten reps of a strength exercise then, without resting, do ten reps of a stability exercise using the TRX. Rest for 90 seconds before repeating that superset twice.'

For more info visit fitnessanywhere.co.uk.

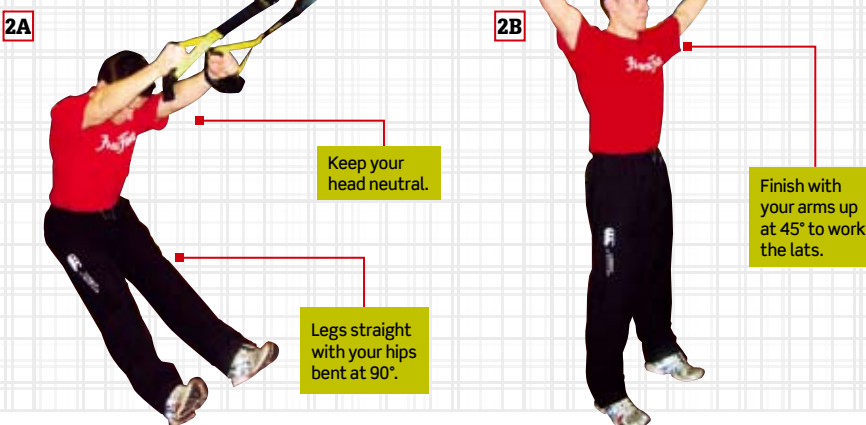


Chris Ward is national personal training manager for Fitness First. Every month, he analyses new strength and conditioning research to bring you the latest in fitness thinking. Visit fitnessfirst.co.uk to find your nearest club.

1 CHEST PRESS



2 Y-SHAPED BACK EXTENSION



TRAINER TALK

How can I make treadmill running more interesting?



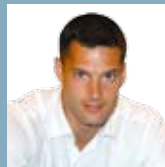
FIND A FITTIE

Steve Halsall, director, Personal Evolution
'Run next to a really fit girl. If you can't do that, do a different run every time. Switch between interval runs, short runs at high intensity and long runs. Use the pre-programmed workouts such as hill runs on a 12 per cent incline.'



INTERVAL TRAIN

Chris Mundle, founder of Destination Health and Fitness
'Vary it by doing combinations of interval and hill training. Do two minutes at 6mph, then two minutes at 7mph, then two minutes with an incline, say. A running partner on the treadmill next to you also helps.'



GET NEW KIT

Mario Pederzoli, owner, FitRooms
'Buy a heart rate monitor so you can structure your run, ensuring you're in the fat-burning zone, and an MP3 player because running to your favourite tunes helps. Try interval training rather than just plodding along in your comfort zone.'



CHANGE PACE

Nick Hudson, national fitness manager, Virgin Active
'Experiment with your speed and distance. Do three minutes fast then jog for three minutes, repeating that four or five times. You'll burn the same number of calories as a steady-state run in half the time.'



HAVE A GOAL

Nick Lawrence, group personal training manager, LA Fitness
'Before you start, set yourself a goal based on either time, speed, distance or calorie burn. Within that, set mini-goals and targets. If you hit those targets or set a personal best, reward yourself.'



BUZZ WORD

'Gladiator Games'

Based on the TV programme, rather than the bloodthirsty Roman version, this new class from the Gymbox chain uses the show's unique style of padded barbarity to get you fit. Giant cotton buds figure heavily but sadly they couldn't squeeze in a travelator. The really good news, though, is that they've also dispensed with that Scottish twerp who used to shout 'Contenders, ready?' at everyone. For more info visit gymbox.co.uk