

JOE WEIDER'S

MUSCLE & FITNESS

Look Hot for Summer

- Build Sensuous Muscle
- Get Lean & Mean
- Energy to Burn
- Enjoy Your Sexiest Summer Ever

The World's TOUGHEST Workouts!

See pg. 88

7 Nutritional Habits the Pros Use to GET BIG

See pg. 68

FLEX Your Abs Wheeler's Waistline Workout

JULY 1998

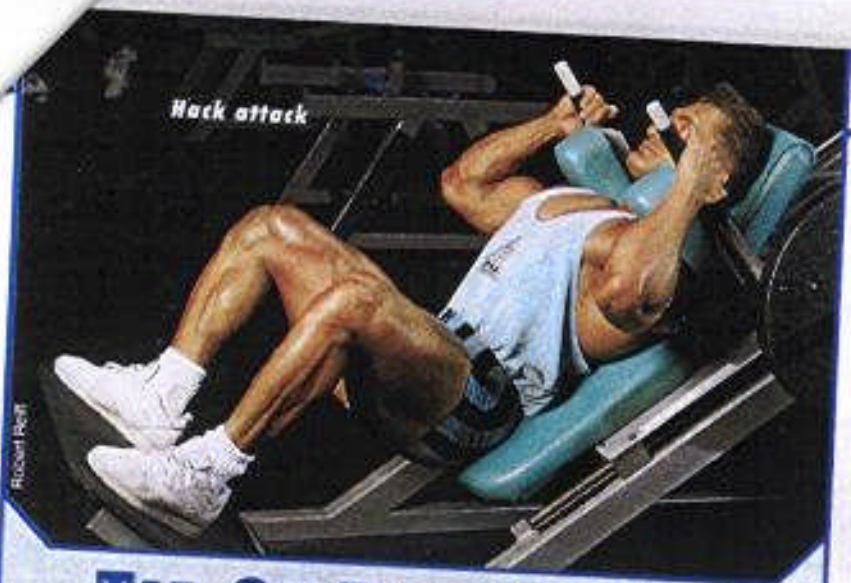
USA \$4.99 / CANADA \$5.99



www.muscle-fitness.com

Baywatch's
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FREE
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Poster
INSIDE!
8-Week Guide
to a Sizzling
Body



TIP OF THE MONTH

When you do hack squats, you lock out your knees at the top of each rep. Is this a good idea? Generally speaking, locking out takes the muscular stress off the muscles and instead puts it on the joints and connective tissues. Not only does this make the movement less effective, but it can cause problems down the road. A better idea: Stop just short of full lockout.

ALL CHOKED UP

Jogging or exercising outdoors in urban areas during high-pollution days may cause short-term lung damage. The American Lung Association says a 3-mile run could be the equivalent of inhaling smoke from 20 cigarettes. Work out indoors when air quality is poor or exercise outdoors early in the morning.



WHAT IT TAKES TO BE A TRAINER

decide whether to work for yourself or someone else. The obvious downside to the latter is that they take a percentage (often 40% or more). But you do have benefits: No start-up costs, health insurance might be offered, taxes are taken out of your paycheck and you probably won't need separate liability insurance. Then, you must promote yourself to bring in clients. By working in a gym, you'll get more exposure and meet potential clients just by being there. To acquire "in-home" clients, you'll have to do more self-promotion. In addition, very few people have as much equipment at home as a gym does. Once you make the choices that feel right for you, you just might be on your way to a new career.

—John Platerra

Some recognized organizations:

- | | |
|--|--------------|
| American College of Sports Medicine | 800-486-5643 |
| American Council on Exercise | 800-825-3636 |
| Cooper Institute | 800-635-7050 |
| Future Fit | 800-778-6060 |
| International Sports Sciences Association | 800-892-1SSA |
| National Academy of Sports Medicine | 800-656-2739 |
| National Strength & Conditioning Association | 402-476-6669 |

You can count to 15, sure, but any gym rat needs more qualifications than that to be a personal trainer. Although personal training isn't currently regulated by law, most gyms require some type of certification or a degree in the fitness field. Some of the hundreds of certifications available are far better — and far worse — than others. We list some of the good ones at right. Once you earn your certification, you'll want to