

The best and worst diets

JOE WEIDER'S SHAPE

DOUBLE-FITNESS ISSUE
SPECIAL

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September 2000



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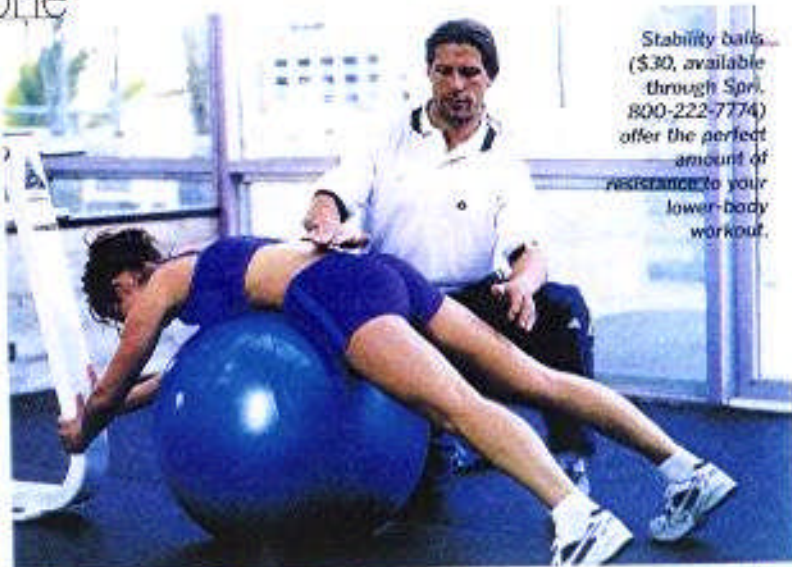
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Stability balls (\$30, available through Spri, 800-222-7774) offer the perfect amount of resistance to your lower-body workout.

3

[FINE TUNING]

Keep your pelvis barely in contact with the ball so you train your body to support itself as the glutes work.



[BALL DOUBLE-LEG HIP EXTENSION] Strengthens buttocks and erector spinae. (For illustration of erector spinae see Do It Right on page 66.)

- Lie face-down on a stability ball so your torso from chest to hips is on the ball; hold an external support with arms extended. Balance yourself on your toes, legs separated hip-width and straight.
- Keeping your head aligned with your spine, contract your abs, keeping spine in a neutral position.
- Using your buttocks, lift your legs up and bring them together at hip height so your body is one straight line in the final position from head to heels. Separate legs and lower them to the floor.

Stacy Whitman is a freelance health and fitness writer in San Francisco.

TRAINER'S TIPS

- Isolate your glutes by contracting your abs and bracing your back before you start each exercise.
- Control the movement; even though they are large muscles, exercises for your glutes require a fairly small range of motion.
- Be sure to increase the resistance as your muscles get stronger.



WORKOUT SCHEDULE

| EXERCISE | SMITH SQUATS | MACHINE HIP EXTENSION | BALL DOUBLE-LEG HIP EXTENSION |
|--------------|---|-----------------------|-------------------------------|
| WEIGHT RANGE | BODY WEIGHT PLUS 20 POUNDS ADDED TO EACH SIDE | 20-80 POUNDS | N/A |
| REPS | 12-25 | 12-25 | 15-30 |
| SETS | 2-4* | 2-4 | 3* |

* Rest 1 minute between sets.