

Be strong+fit

discover what you can achieve

BODY SHOP

FIRMER in FEWER MOVES

Big movements net you strong muscles—we've got your formula for fast results.

By Lauren Mazzo

WHEN YOU'RE LOOKING to build real strength, the divide-and-conquer approach to lifting is less efficient than having multiple muscles work together to make the hoist. In a study in *Frontiers in Physiology*, exercisers lifted the same total weight with multijoint moves (chest presses, dead lifts, squats) or by isolating muscles with exercises like triceps extensions, flyes, or machine leg extensions in which just one joint is at work (elbows, shoulders, and knees, respectively). While both groups increased their lean muscle, the multijoint group boosted their one-rep maximum in the bench press, leg extension, and squat significantly more. "The force you can exert in an exercise is the sum of all the muscles involved. Therefore, your body will have to make all of them work as hard as possible," says study coauthor Paulo Gentil, Ph.D. "For instance, the bench press is not solely for the pectoralis—it also strengthens the deltoids and triceps. By doing this, you get more benefits in less time."

To level up on your go-to multijoint moves, like the squat and push-up, try a slow-motion approach to your reps to increase the time that muscles are under tension, says Dasha Libin, the creator of Kettlebell Kickboxing in New York City. Follow her pacing cues on the next page—and scan to unlock a great multijoint workout video—for firmer, fitter muscles. (Continued on page 68)

photograph by
DEAN ISIDRO



A

Front Squat

WORKS SHOULDERS, BICEPS, ABS, BUTT, QUADS, HAMSTRINGS

A Stand with feet hip-width apart, holding a weight in each hand at shoulders, palms facing each other, arms bent. **B** Keeping arms fixed and chest lifted, take 5 seconds to lower into a squat until hips drop below knees; hold for 5 seconds. Take 5 seconds to return to start. That's 1 rep. Do 4 sets of 8 to 12 reps.



B



A



B

Push-Up

WORKS SHOULDERS, CHEST, TRICEPS, ABS, BUTT, QUADS

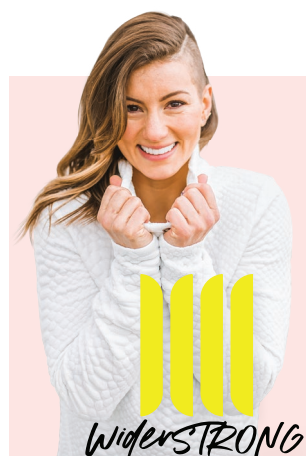
A Start on floor in plank on palms. **B** Take 5 seconds to lower body until chest grazes floor. Quickly push up to start. That's 1 rep. Do 4 sets of 3 to 5 reps.

Built to Lift



WHY CROSS-TRAINERS ARE KEY

To strength train, you want a sneaker with a stable platform and lateral support for different movements. Nobull Orchid Trainers (\$129, nobullproject.com) supply solid footing and are versatile enough for running, climbing, and jumping too.



What's the best way to do total-body moves to be sure you hit everything weekly?—@anitag911 via Instagram

The trick with compound movements is divvying workouts to avoid overtraining any body part. I've found that by switching the planes of movement you work in—as well as your weights—you get the benefits of keeping your muscles guessing while allowing recovery.

For example, one day I work in the frontal plane (aka doing out-to-sides moves) with moderate weight: things like lateral lunges with side raises. Then, on a

separate day, I do sagittal plane (forward-and-back) exercises like step-ups and dead lifts using heavier loads. Finally, on a third day, I do transverse plane (rotational) movements: Medicine ball routines with rotational wall tosses and core work are great for this.

JEN WIDERSTROM, founder of the WiderStrong method and training tribe, is your monthly get-fit motivator, *Shape*'s consulting fitness director, a member of the *Shape* Brain Trust, a FitPro expert, and the author of *Diet Right for Your Personality Type*.



Hover your phone's camera over this smart code to unlock a multimuscle video workout with Jen!

Workout: Chris Fanning