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& FITNESS**

**YOU CAN BURN FAT EVEN FASTER**

Feel the Need for Speed With Accelerated Training p24

# hers

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*IFBB figure pro shares her  
secrets of symmetry*

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## 70 On a Roll

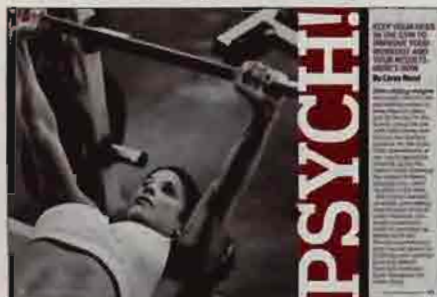
With a foam roller you can improve your flexibility, range of motion and overall fitness



## 90 So You Want to...

How to train your body to be ready for self-defense and avoid or conquer confrontation

## PSYCHOLOGY



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Keep your head in the gym to improve your workout and your results. Here's how

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## 80 Quiz: Live Long and Prosper

Are you doing everything you can to live a long and healthy life?

## ON THE COVER

Photo: Ian Logan  
 Model: Monique Minton  
 Stylist: Cindy Whitehead  
 Hair & Makeup: Gillian Whitlock  
 Apparel: Shorts and top by Tonic

Correction: The hair and makeup artist for last month's cover shoot was Rachel Hoke



## 86 Twists & Turns

A closer look at the women of fitness and figure

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Working with a nutritionist for the first time can be a leap of faith

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# Don't Wait,



## SNAPSHOT

### **Monique Minton**

**BIRTHDATE** Aug. 17, 1984

**BIRTHPLACE** Portsmouth, Virginia

**CURRENT RESIDENCE** Dallas

**HEIGHT** 5'10"

**WEIGHT** 140 pounds contest, 155 pounds off-season

**OCCUPATION** Student, personal trainer, makeup artist, NPC figure competitor

**CONTEST HIGHLIGHTS** 2008:

John Sherman Classic Figure, 1st Class D and overall; USA

Championships, 3rd Class F; Team Universe, 4th Class F

**CONTACT** momofitness.com

# Acc

Take your physique to the next level with this scientifically proven fat-burning program

ccelerate!

BY JIM STOPPANI, PHD, AND JOE WUEBBEN  
PHOTOS BY IAN LOGAN

**RUN AND GUN**

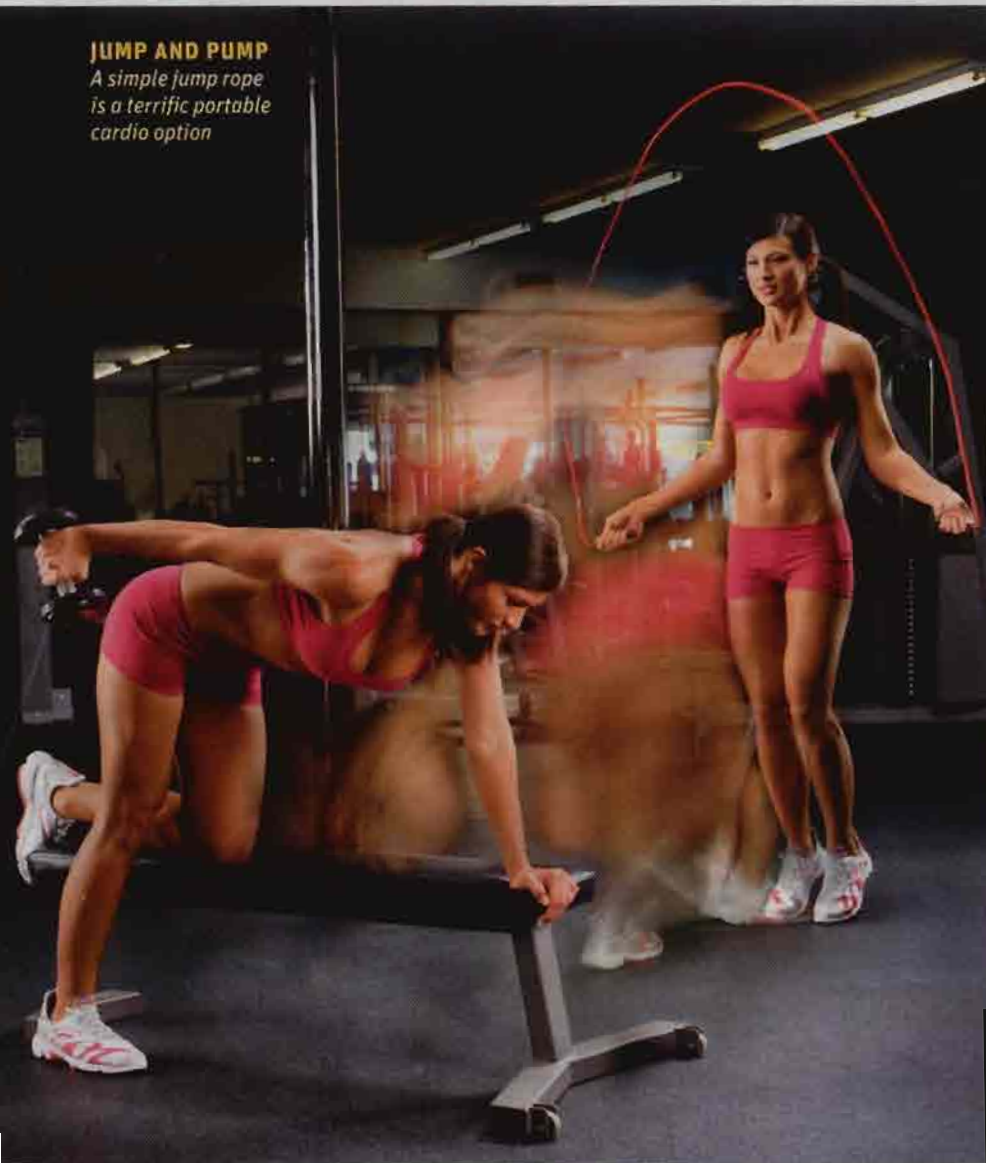
*Don't be afraid to drag equipment around your gym*



In a famous Tom Petty song, he states ever so poignantly that “the hardest part is waiting.” The lanky, feather-haired Petty was probably never much of a gym-goer — his shoulders look like they’ve never lifted anything heavier than a guitar — but you have to admit he’s on point where fitness is concerned. 🏋️ You can put in hours upon hours of pain-inducing workouts at the gym. You can hit the weight room with twice the drive and intensity as the most muscular guy on the premises. Yet you still have to wait for results. 🏋️ No matter how hard you train, your efforts won’t come to fruition until long after you leave the gym, when you’re recovering (perhaps even listening to your Tom Petty and the Heartbreakers *Greatest Hits* CD). The better you recover, the better your results — and the harder you’ll be able to train the next time out.

#### JUMP AND PUMP

A simple jump rope is a terrific portable cardio option



Nutrition plays a crucial role in recovery and consuming whey and soy protein after training aids greatly in muscle repair. But recovery goes well beyond your post-workout shake. According to new research from the University of California, Santa Cruz, there’s a way to enhance recovery and, as a result, improve upon what you see in the mirror every day by simply changing the way you train. Incorporate the Santa Cruz scientists’ changes outlined here into your program and you can expect to achieve better workouts in the gym and all the accompanying spoils: a stronger, leaner body, with tighter arms, legs, glutes, and abs.

#### GO WITH THE FLOW

First, a little background and explanation of the Santa Cruz study: The researchers had their test subjects, a group of trained athletes, perform a nine-week full-body lifting program. They were separated into two groups and instructed to perform their reps very slowly, so as to accentuate the muscle damage that results from the eccentric, or negative, portion of each rep. In the first group, athletes took normal rest periods between sets, just as most people do in the gym: Do a set, rest a minute or so, do another set, rest, and so on. The second group performed *cardioacceleration* by beginning each workout with a 20-minute warm-up to elevate their heart rates to 60%–85% of their max, then doing 30–60 seconds of cardio between every set to remain in that zone.

muscle (even if it's only a relatively small amount), you'll increase your metabolism, which will allow you to burn more calories and bodyfat and achieve a leaner, tighter physique. You'll also burn more calories during a cardioacceleration routine due to the sustained elevated heart rate, which will go a long way in helping torch fat.

### HIT THE ACCELERATOR

The UCSC team did all the work in proving the positive effects of cardioacceleration training, and now we've incorporated their methods into the HERS "Accelerated Gains" training program on page 32. It takes advantage of cardioacceleration's benefits in muscle recovery and lets you squeeze in a great cardiovascular workout without tacking on extra time to your training schedule.

Start each workout with a 10-minute warm-up on the cardio machine of your choice. (If you wish, you can take the cardio outdoors, as long as you get right back to the weights after the 10 minutes is over.) You'll need to get your heart rate up to between 60% and 85% of your max, which you can determine in the "Calculate Your Heart Rate" equation at right. You'll recall that in the UCSC study the athletes did 20-minute warm-ups before training. Ten minutes, however, will be plenty of time to get your heart rate to at least 60% of your max.

When that time is up, you'll immediately start your weight workout. But instead of resting between sets as normal, do 60 seconds of cardio on a nearby piece of equipment at a pace intense enough to keep your heart rate in the target zone.



### CALCULATE YOUR HEART RATE

Use this equation to calculate your max heart rate (HR) and your cardioacceleration HR range:

$$\text{Max HR} = 220 - \text{age (years)}$$

$$\text{Cardioacceleration HR range (60\%–85\% of max HR)} = \text{max HR} \times 0.60\text{–}0.85$$

*Example for a 30-year-old female:*

$$\text{Max HR} = 220 - 30 =$$

190 beats per minute

$$\text{Cardioacceleration HR range} =$$

$$190 \times 0.60\text{–}0.85 = 114\text{–}161^*$$

\*This is the HR range you want to stay in for the entirety of the workout.



### STATIONARY TARGET

If your gym isn't set up for this workout, do calisthenics or run in place for cardio

**MIX AND MATCH**

*Switching muscle groups between cardio and weights creates a new level of difficulty*



The results of the study were significant. The UCSC team reported in a 2008 issue of the *Journal of Strength & Conditioning Research* that subjects following the cardioacceleration program experienced significantly less muscle soreness in all bodyparts trained compared to the group training normally. In addition, by the fourth week of training the cardioacceleration group experienced no muscle soreness while the other group continued to have muscle pain. There's no doubt that the cardioacceleration group exhibited enhanced recovery, evident by the reduction in muscle soreness.

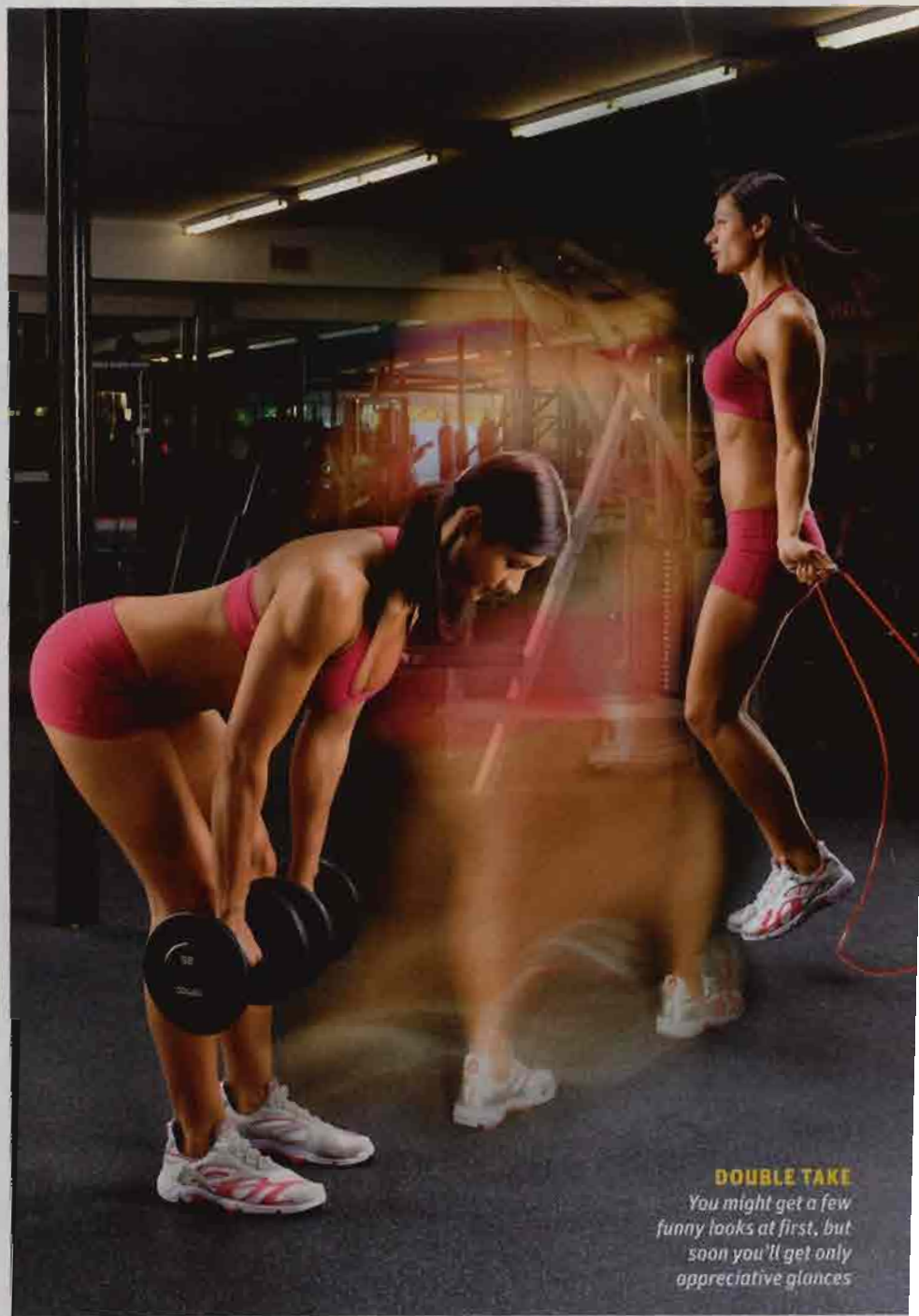
The UCSC scientists concluded that the increased heart rate from cardioacceleration boosted blood flow to the muscles, thus enhancing recovery. This is likely the result of multiple factors. For one, more blood flow means more oxygen, which provides muscles with a greater ability to recover. It also helps reduce the number of free radicals present that can further damage muscle fibers and inhibit recovery.

Enhanced blood flow provides a more abundant supply of necessary nutrients, such as glucose and amino acids, as well. Glucose is used to restock muscle glycogen levels depleted during training, prompting recovery. Amino acids are needed to not only create proteins that perform crucial functions involved in the recovery process but also provide the building blocks to restore the muscle protein broken down by intense training.

Greater blood flow to muscles means greater amounts of growth hormone, testosterone and insulin, too. All these anabolic hormones are involved in ramping up muscle protein synthesis, the process in which muscle fibers rebuild themselves. Insulin in particular is critical for opening windows in muscle cells that allow glucose and amino acids to enter muscle fibers. Greater blood flow also helps eliminate training-induced waste products, allowing muscle recovery to occur more quickly.

This might seem like a lot of science to wrap your head around, but it's really quite simple: The more effectively your muscles recover, the more muscle you'll have and the stronger it'll be. And don't worry about building too much bulk and looking like a bodybuilder; a woman's normal level of testosterone production typically won't allow that to happen. Instead, think of it this way: By adding

**The increased heart rate from cardioacceleration boosted blood flow to the muscles, thus enhancing recovery. Better blood flow to muscles means more anabolic hormones, too**

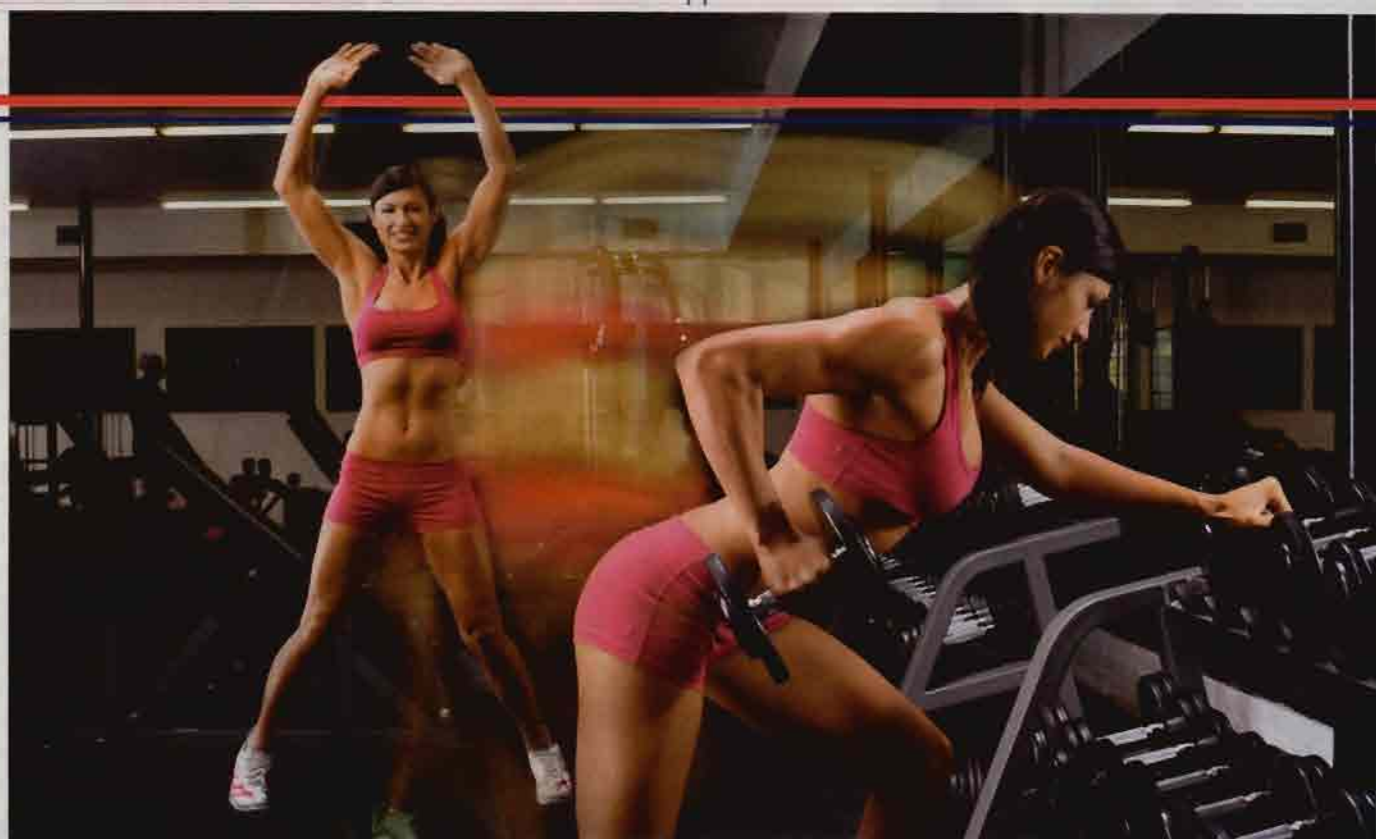


**DOUBLE TAKE**

You might get a few funny looks at first, but soon you'll get only appreciative glances

FASHION DIRECTOR: CHRYL WHITEHEAD, HAIR & MAKEUP: CULTURE  
STYLING: APPAREL: BAR TOP & SHORTS BY TONIC, SHOES BY ZOO1





## ACCELERATED GAINS

>> Follow the routine below for 6–8 weeks. For each workout, start with a 10-minute warm-up on the cardio equipment of your choice to elevate your heart rate to 60%–85% of your max, then immediately start the weight workout. Between each set, perform one minute of cardio so your heart rate remains in the 60%–85% range. Move as quickly as you can between sets and cardio bouts so your heart rate doesn't drop below 60% of max.

### WORKOUT 1: MONDAY (CHEST+SHOULDERS+TRICEPS)

Muscle Group	Exercise	Sets/Reps
Chest	Incline Dumbbell Press	3/10–12
	Dumbbell Flye	3/12–15
	Push-Up	3/to failure
Shoulders	Standing Dumbbell Press	3/10–12
	Lateral Raise	3/12–15
	Bent-Over Lateral Raise	3/15–20
Triceps	Dumbbell Lying Triceps Extension	3/10–12
	Kickback	3/15–20

### WORKOUT 2: WEDNESDAY (LEGS+CALVES+ABS)

Muscle Group	Exercise	Sets/Reps
Legs	Dumbbell Squat	3/12–15
	Dumbbell Lunge	3/12–15
	Dumbbell Romanian Deadlift	3/12–15
Calves	Seated Dumbbell Calf Raise	4/20–25
Abs	Hanging Leg Raise	3/to failure
	Crunch	3/to failure

### WORKOUT 3: FRIDAY (BACK+BICEPS)

Muscle Group	Exercise	Sets/Reps
Back	Dumbbell Row	3/10–12
	Bent-Over Straight-Arm Dumbbell Lat Pull	3/12–15
	Dumbbell Pullover	3/15–20
Biceps	Standing Dumbbell Curl	3/10–12
	Incline Dumbbell Curl	3/12–15

Having a heart-rate monitor is key; without it, you won't know if you're in the appropriate range. As for rep speed, there's no need to do slow reps as subjects did in the UCSC study. Their reason for the deliberate pace was to induce more muscle soreness than normal.

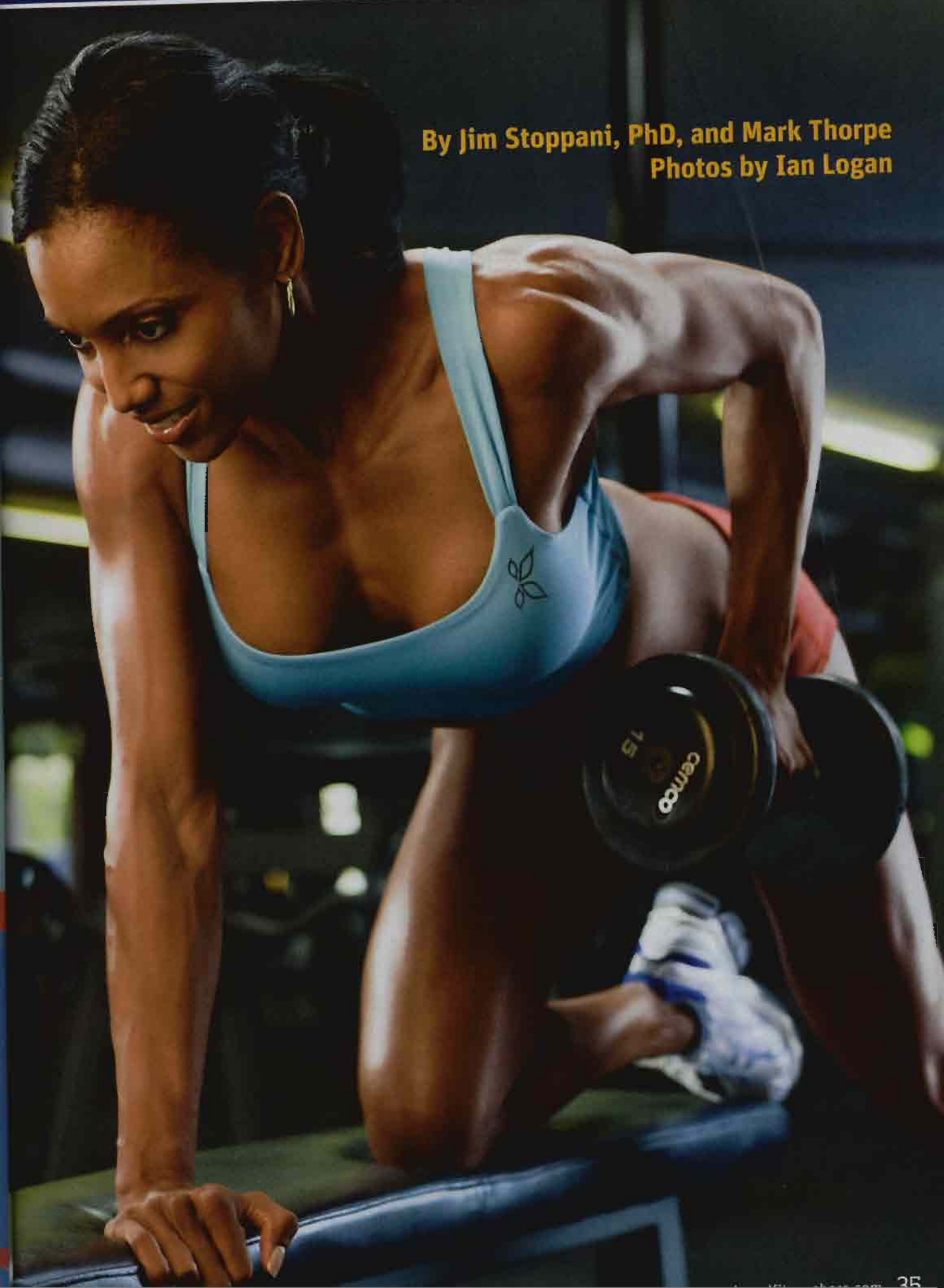
The weight workouts in the program consist of dumbbell and bodyweight exercises so you can move your training close to the cardio machines. For example, you can drag an adjustable bench alongside a treadmill and move back and forth between the two. Or bring the bench to an open area, and in between sets run in place, shadowbox, jump rope or do jumping jacks. Any type of calisthenics that keeps you moving and your heart rate in the proper range will work.

By the end of the workout, you'll have completed not only an intense weight routine but also 30 minutes or so of cardio. If you have the time (and desire), finish up with an extra 10 minutes of cardio to cool down and burn additional calories.

The program as we've designed it consists of three workouts per week, a reasonable amount of volume for even the busiest mother or career woman. If you want to do even more, add a day or two of cardio-only workouts per week.

As Tom Petty reminds us, you'll still have to wait for the results of all your hard work in the gym, but at least you won't start free-falling into muscle breakdown or training boredom. Instead, your results will be accelerated. [hers](#)

By Jim Stoppani, PhD, and Mark Thorpe  
Photos by Ian Logan



# The odds are in your favor.

All you have to do to get the body you want is manipulate your training variables. In other words, showing up at the gym and lifting weights is only part of the deal. To see measurable results, you need to steadily swap out exercises, add and subtract sets, and vary the amount of weight you lift. Rest periods should also fluctuate, depending on your goals. But reps per set may be the most important factor, one that determines how strong and lean you become. 🍷 It may seem simplistic: The more reps, the merrier, right? But, like everything else in your routine, you must regularly rotate your rep ranges. Each of the three ranges you'll use (1-7, 8-12 and 13-plus) accomplishes a different goal.

## MICRO REPS

FOLLOW THIS MICROCYCLE PROGRAM FOR 10 WEEKS

WEEK	REP RANGE
1	3-6
2	8-12
3	15-25+
4	8-12
5	3-6
6	15-25+
7	8-12
8	3-6
9	8-12
10	15-25+

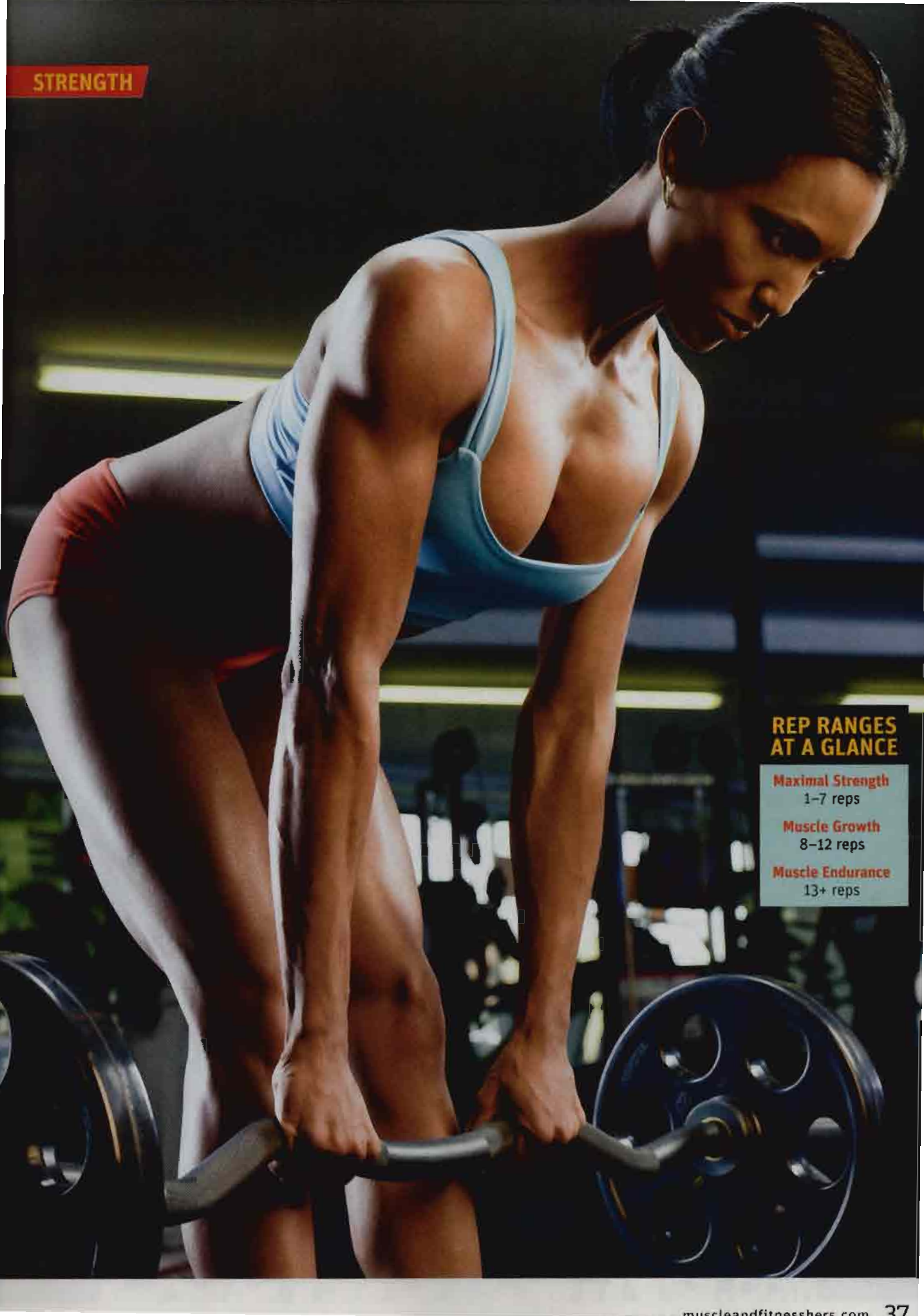
## GROWTH



## ENDURANCE



**STRENGTH**



**REP RANGES  
AT A GLANCE**

**Maximal Strength**  
1–7 reps

**Muscle Growth**  
8–12 reps

**Muscle Endurance**  
13+ reps

## REP RUNDOWN

There's an inverse relationship between the amount of weight you lift and the number of reps you can do. That is, the heavier the weight, the fewer reps you'll be able to complete, and the lighter the weight, the more reps you'll be able to complete. The key to getting stronger and leaner is understanding when to use which rep range.

Thanks to many years of athlete trial and error and numerous research studies that tested theories developed in the gym, there are three widely accepted rules about the benefit each rep range elicits.

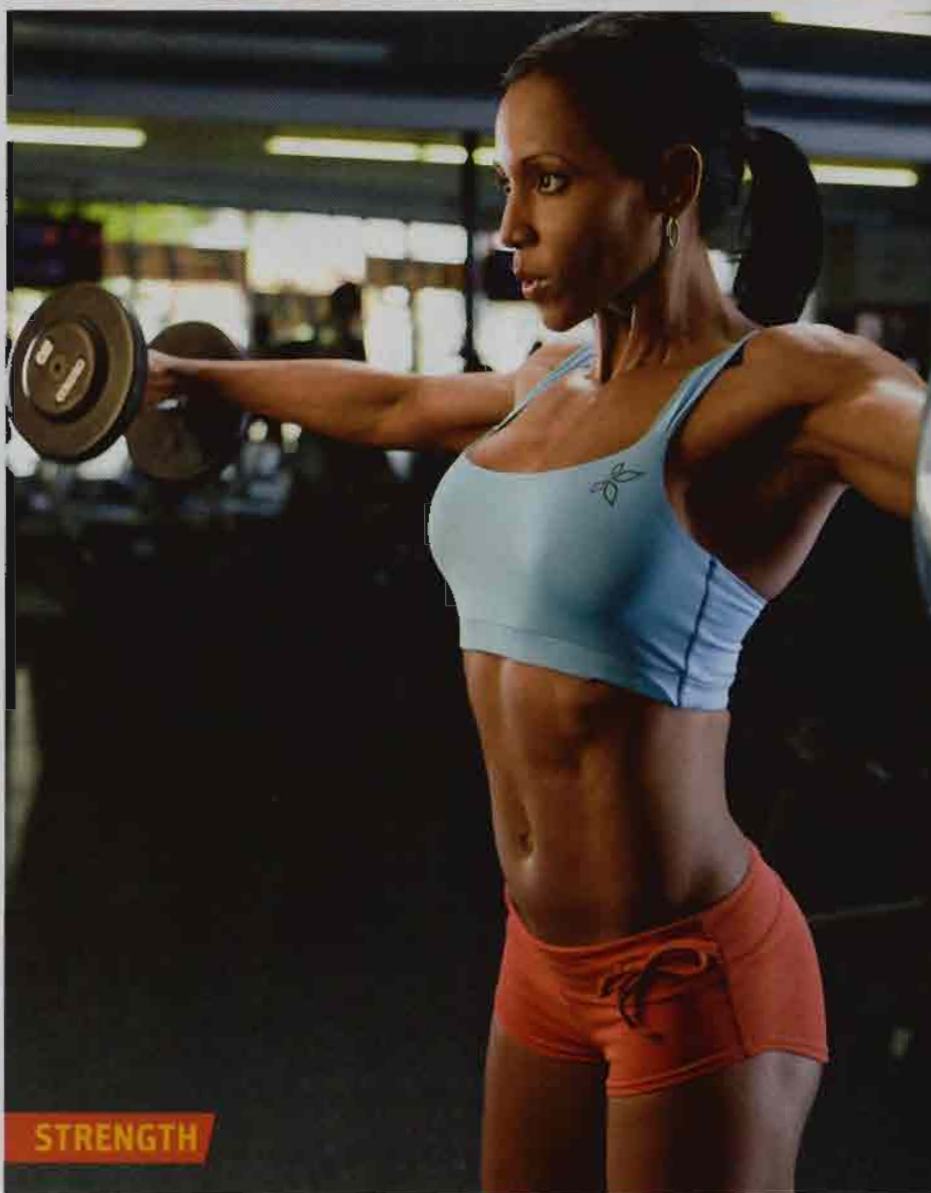
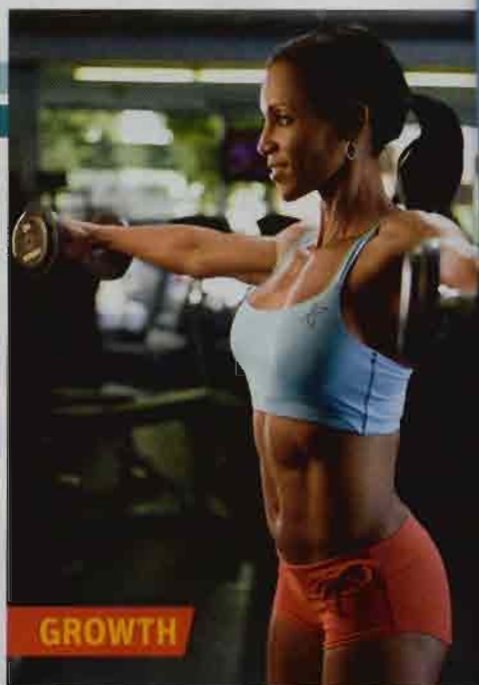
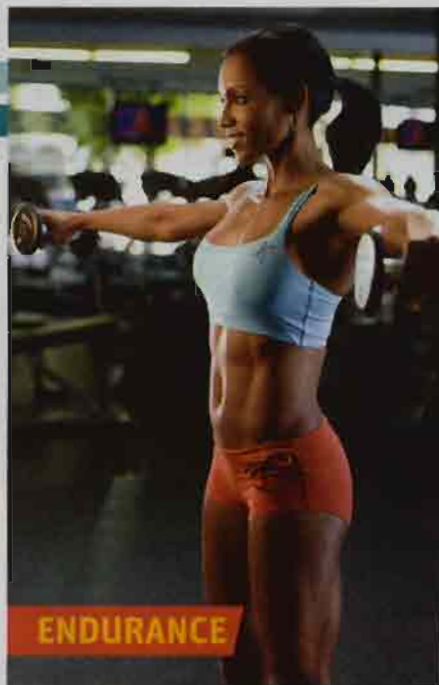
**RULE 1: Low reps are best for building muscle strength.** Reps in the range of 1–7, which means you can't lift the weight more than seven times, are best for building strength. This is because lifting a weight that limits your rep range places tremendous overload on the muscle fibers, which appears to train the nerves that communicate with the muscles to fire faster and more synchronously. This is why muscles can get stronger without getting bigger.

**RULE 2: Moderate reps are best for developing muscle mass.** Reps in the 8–12 range are best for growth. The weight overload creates enough stress on the muscle fibers and metabolic stress inside the muscle cells to perfectly initiate the processes that kick-start hypertrophy.

**RULE 3: High reps are best for building muscle endurance.** Reps in the 13-plus range are best for training the muscle's metabolic pathways to build endurance, without providing enough overload to instigate much strength or growth change. Think endurance athlete vs. strength athlete: Endurance athletes tend to train in this rep range and have smaller muscles with very high endurance capabilities.

## REPPING OUT

Given these three distinct rep-range rules, you may think achieving your goal is pretty simple. Just pick the rep range that corresponds with your aspirations, right? Well, not quite.



## ENDURANCE



## GROWTH



## Rep Reality Check

THERE ARE SEVERAL MYTHS ABOUT REP RANGES — DON'T FALL FOR THEM

**MYTH 1: Heavy weight and low reps builds more muscle.** Many people believe that lifting very heavy weight for a few reps builds the most muscle. Yet doing 1–7 reps per set is best for building muscle *strength*, not size. The low rep range doesn't make the most of the metabolic changes that instigate growth. So don't be afraid to train heavy — it can only make you stronger.

**MYTH 2: High reps burn the most fat.** It's true that the more reps you do, the more calories you burn during a workout. Yet a typical weight routine won't burn much more than 400 calories, regardless of how many reps you do. The big fat-loss benefit comes afterward because your metabolic rate remains elevated throughout the day. The higher and longer you keep your metabolic rate elevated, the more calories and fat you'll burn.

Research confirms that using heavy

weight and lower reps (6–10) boosts your metabolism higher for longer periods. When trying to get lean, alternate between heavy workouts with low reps and light workouts with high reps, and keep your rest periods as short as possible between sets (30–60 seconds). Short rest periods burn more calories during the workout.

**MYTH 3: Women should train with light weight and high reps.** Nothing could be further from the truth. Women especially need to train with heavy weight and low reps (3–6) from time to time. That's because as you age, you start to lose fast-twitch muscle fiber strength and function. Using heavy weights keeps your fast-twitch fibers (and, therefore, you) strong and functional.

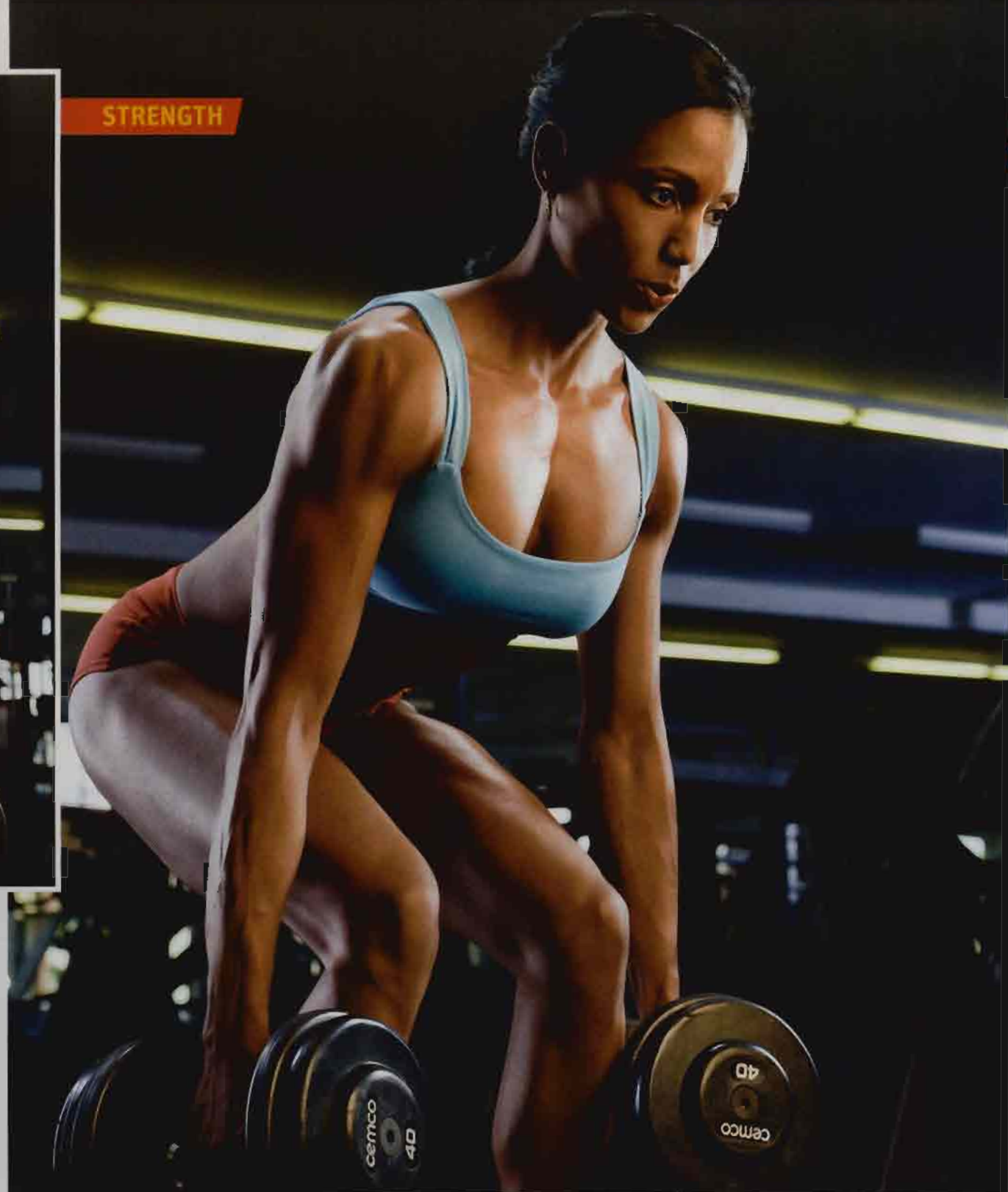
**MYTH 4: You should stick to one rep range during a single workout.** Sure, you can use the same rep range for all sets in

a workout. It's a smart and easy way to train, as long as you frequently switch up your rep ranges on other days, such as we outline in "Micro Reps" on page 36.

But you can also employ several rep ranges within one workout. In fact, a Japanese study found that when trained lifters who used five reps per set did a final set of 25–30 reps per exercise, they gained more strength and mass than those who did all their sets with five reps.

Depending on how many exercises you perform per muscle group, you can do 1–2 exercises with heavy weight for low reps (3–6), 1–2 exercises with moderate weight for moderate reps (8–12) and 1–2 exercises with light weight for high reps (15–25-plus). You can even go so far as to use different rep ranges for each set of each exercise: Do the first set for 3–6 reps, the second set for 8–12 reps and the last set for 15–25-plus reps.

## STRENGTH



If you're trying to develop *extreme* levels of muscle strength, size or endurance, you should train in the low-rep range the majority of the time. But even then you shouldn't stick to that range for more than 4–6 weeks or your muscles will stagnate. In other words, you'll stop getting stronger, bigger or more conditioned, and your progress may even start to reverse. This is why athletes use a system of training known as periodization, in

which they make frequent weight and rep-range adjustments. This prevents stagnation and allows the muscles to develop as desired.

Maybe you're not a competitive athlete, but you want a combination of more strength, lean muscle and endurance. The solution? Vary your rep ranges. The easiest way to do this is to use a form of periodization called microcycles in which you adjust your rep range every week. For

example, in Week 1 do 3–6 reps on all exercises; in Week 2 use a rep range of 8–12 on all exercises; and in Week 3 do 15–25-plus reps on all exercises. From there you can repeat the cycle, work backward or mix it up at random.

Keep using your current training split and exercises, but follow our microcycle rep-range suggestions. You'll gain more strength, endurance and lean, shapely muscle than ever before. **hers**

# IFBB/NPC Events

Contest Calendar

## IFBB

### MARCH

**6-8 ARNOLD SPORTS FESTIVAL: ARNOLD CLASSIC, MS. INTERNATIONAL, FITNESS INTERNATIONAL & FIGURE INTERNATIONAL** Columbus, Ohio. Contact Jim Lorimer, (614) 431-2600.

**14 AUSTRALIA PRO GRAND PRIX** Melbourne, Australia. Contact Tony Doherty, (61) 3-9388-0866.

**21 NEW ZEALAND ELITE PRO** Auckland, New Zealand. Contact Moe Elmoussaoui, moesmuscles@yahoo.com

### APRIL

**11 NEW YORK PRO FITNESS** New York, New York. Steve Weinberger/Bev Francis Powerhouse Gym, 235-C Robbins Lane, Syosset NY 11791, (516) 933-1111. Entry deadline: April 6.

**17-18 EUROPA SHOW OF CHAMPIONS** Orlando, Florida. Contact Ed and Betty Pariso, (817) 498-3631. Entry deadline: April 13.

## NPC LOCAL AND REGIONAL

### MARCH

**14 NORTHERN KENTUCKY BODYBUILDING & FIGURE (NATIONAL QUALIFIER)** Contact Roger and Sandy Riedinger, 1768 Industrial Road, Cold Spring, KY 41076, (800) 781-3475.

**21 SAN DIEGO BODYBUILDING & FIGURE (NATIONAL QUALIFIER)** Contact Jon Lindsay, 2554 Lincoln Blvd., PMB 749, Venice, CA 90291, (310) 796-9181.

**28 MAX MUSCLE NATURAL BODYBUILDING & FIGURE** Contact Jon Lindsay, 2554 Lincoln Blvd., PMB 749, Venice, CA 90291,



2008 Europa Super Show

(310) 796-9181.

**28 UPPER MIDWEST BODYBUILDING, FITNESS & FIGURE (NATIONAL QUALIFIER)** Contact Thomas Kemper, 1450 25th Street South, Fargo, ND 58103, (701) 367-7597.

**28 VANCOUVER BODYBUILDING & TANJI JOHNSON FITNESS (NATIONAL QUALIFIER)** Contact Frank Bohm Productions, 8002 NE Highway 99, PMB 124, Vancouver, WA 98665, (360) 887-8558.

### APRIL

**4 NATURAL OHIO OPEN BODYBUILDING & FIGURE (NATIONAL QUALIFIER)** Contact Dave Liberman, 7416 Kingston Court, Mentor, OH 44060, (440) 942-5634, or Todd Pember, 202 Sleepy Hollow Drive, Amherst, OH 44001, (440) 984-2762.

**4 PANHANDLE SHOWDOWN/PENSACOLA BODYBUILDING, FITNESS & FIGURE** Contact Russ Mesey, 6905 N. 9th Ave., Pensacola, FL 32504, (850) 244-1629.

**11 CINCINNATI BODYBUILDING, FITNESS, FIGURE & BIKINI** Contact Rick Ruether, 10258

Springbeauty Lane, Cincinnati, OH 45231, (513) 825-3604.

**11 METROPOLITAN BODYBUILDING, FITNESS & FIGURE (NATIONAL QUALIFIER)** Contact Steve Weinberger/Bev Francis Powerhouse Gym, 235-C Robbins Lane, Syosset, NY 11791, (516) 933-1111.

**17 STINGREY CLASSIC BODYBUILDING, FITNESS & FIGURE (NATIONAL QUALIFIER)** Contact Rey and Peblz Ronquillo, 1129 Puolo Drive, Honolulu, HI 96818, (808) 781-1133.

**17-18 EMERALD CUP BODYBUILDING, FITNESS & FIGURE (NATIONAL QUALIFIER)** Contact Brad and Elaine Craig/Craig Productions, P.O. Box 803, Kirkland, WA 98083, (425) 949-7320.

**17-18 EUROPA SHOW OF CHAMPIONS BODYBUILDING, FITNESS & FIGURE** Contact Ed and Betty Pariso, P.O. Box 210145, Bedford, TX 76095, (817) 498-3631.

**25 EMPIRE CLASSIC BODYBUILDING, FITNESS & FIGURE** Contact Ivan Ribic, 2525 E. 29th 10-b #223, Spokane, WA 99223, (509) 990-3771.

**25 NEW ENGLAND BODYBUILDING, FITNESS & FIGURE (NATIONAL QUALIFIER)** Contact Team New England, 865 Second St., Manchester, NH 03102, (603) 626-5489.

**25 ORANGE COUNTY CLASSIC XXXII BODYBUILDING & FIGURE (NATIONAL QUALIFIER)** Contact Jon Lindsay, 2554 Lincoln Blvd., PMB 749, Venice, CA 90291, (310) 796-9181.

### MAY

**2 PITTSBURGH BODYBUILDING, FITNESS & FIGURE (NATIONAL QUALIFIER)** Contact Jim Manion, P.O. Box 442, Carnegie, PA 15106, (412) 276-5027.

FROM TOP: PAVEL YETIKALL; JAR LODAN (2)

## buyer's guide

Divide & Conquer

### On the Cover

See Contents page

### Training Notebook (pages 12-15)

Top, shoes: Bebe Sport, bebesport.com

Shorts: Nike, nike.com  
or (800) 806-6453

### Don't Wait, Accelerate! (page 24)

Top, shorts: Tonic, mytonic.ca

Shoes: Zoot Sports, zootsports.com  
or (800) 241-9327

### Your Rep Range Rules (page 34)

Top: K-Active, kactiveusa.com

Shorts: Tonic, mytonic.ca  
Shoes: Asics, asicsamerica.com  
or (800) 678-9435

### Fire Up the After Burners

(pages 42-44)

Tops, shorts: Elisabetta Rogiani  
rogiani.com

(page 46)

Top, pants: Bebe Sport, bebesport.com

(page 50)

Top, hoodie: Doce Vida  
& pants: docevidafitness.com

### Divide & Conquer (page 52)

Top: Otomix, otomix.com

Shorts: Speedo, speedousa.com  
or (800) 547-8770

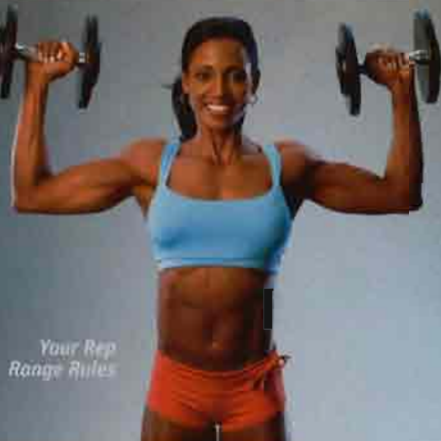
Shoes: Asics, asicsamerica.com  
or (800) 678-9435

### On a Roll (page 70)

Top, Pants: Elisabetta Rogiani

rogiani.com  
or (323) 634-7383

Shoes: Ryka, ryka.com  
or (800) 848-8698



Your Rep Range Rules

