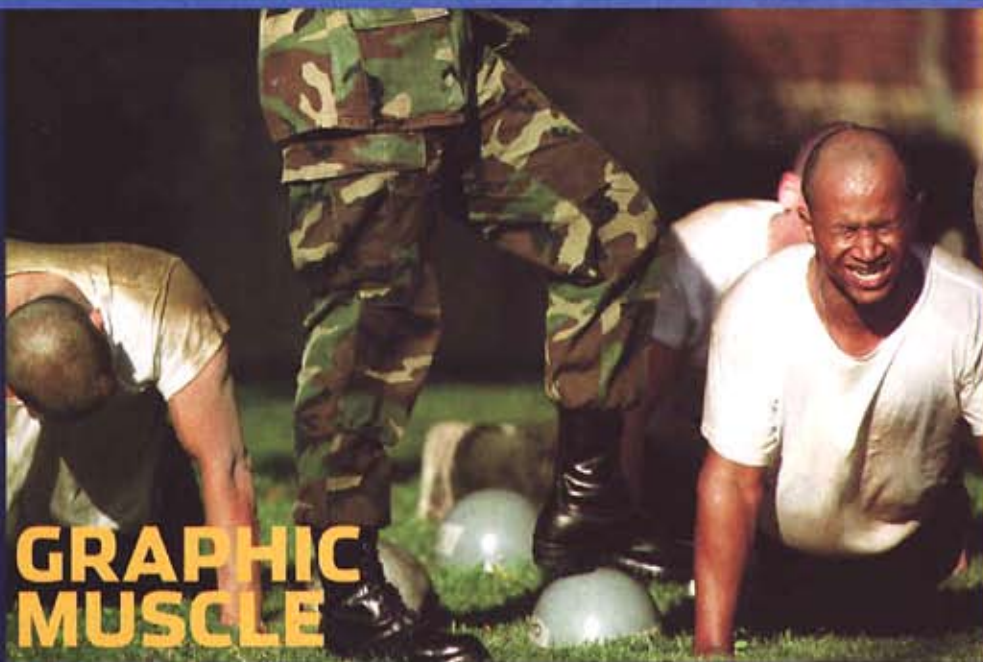




TRAINING



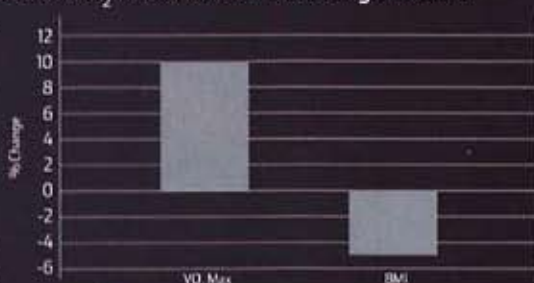
GRAPHIC MUSCLE

This graph shows the percent increase in maximal oxygen consumption (VO_2 max) and percent decrease in body mass index (BMI) in Finnish military personnel with a specific form of the gene (genotype CG) for interleukin-6 (IL-6 — a marker of inflammation that regulates metabolism during exercise). Following eight weeks of basic training, subjects with other forms of the two IL-6 genotypes, CC and GG, didn't experience as dramatic an increase in VO_2 max and saw no change in BMI.

TIP-OFF: Subjects with the CG genotype experienced far better gains in aerobic performance and bodyfat loss than those with the other genotypes. Although you can't yet get tested for this, someday you may be able to determine how you'll respond to different modes of exercise.

[JOURNAL OF

SPORTS SCIENCE & MEDICINE 8:271-277, 2009]



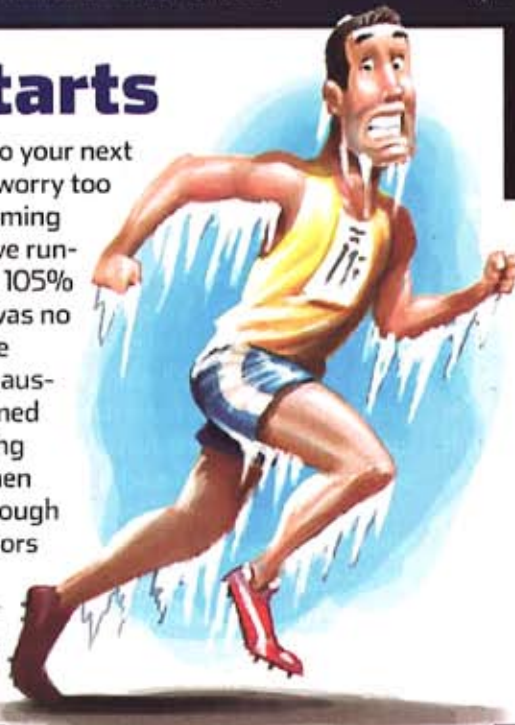
GEAR OF THE MONTH

One piece of gym equipment every guy needs is an MP3 player. After all, research shows that listening to music that pumps you up can significantly boost your strength and endurance during workouts. But have you ever performed a set of lateral raises only to have an arm get caught on the cord, ripping the earphones out of your ears and sending your MP3 player clattering across the floor? The solution is Magneat. This powerful magnetic clip attaches to your shirt or pants, so you can wind the excess wire around it and keep it out of your way. magneat.com

Cold Starts

If you show up late to your next pickup game, don't worry too much about not warming up. When competitive runners ran to failure at 105% of their max, there was no significant difference between time to exhaustion when they warmed up (jogging or jogging with strides) and when they started cold, though some metabolic factors were improved by warming up.

[JOURNAL OF
SCIENCE & MEDICINE IN SPORT
12(4):480-484, 2009]



The Peterson Principle

Gunnar Peterson, CSCS, CPT, is a Beverly Hills-based personal trainer with more than 20 years of fitness experience. His client list includes elite athletes, celebrities and guys like you.

Q: In your experience with professional football players, what are the best ways to strengthen the neck?

A: Pro football player or not, the muscles work the same. There's a video online of a younger Mike Tyson in a hands-free bridge position working his neck like a mortar and pestle — that I don't recommend. Obviously, putting a neck harness to task at every possible angle will do wonders, but I encourage you to mix up the mode of resistance. Try using bands or a cable stack (working your way up), or a lying leg-curl machine. Lie facedown opposite of how you would to perform the leg curl, and slide the pad that normally goes over your Achilles over your head and flex your neck. Start with very light weight.

CLOCKWISE FROM TOP LEFT: JOEL SARTORE/GETTY IMAGES, AMINA CRUZ, SCOTT POLLACK