

QUAD

SHAPE

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July 2004

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smarten up
 your strength training
 for a leaner, stronger body.

If you're not getting the results you want, goof-proof your exercise

We show you the right way to perform the hottest new moves for a stunning, more powerful physique.

There's no question about it: We're in the post-biceps-curl era. These days, the focus is on three-dimensional training: more sophisticated, "functional" moves that work your body the way it operates in the real world. "Whether you're hiking, spiking a volleyball or just hauling groceries, you're constantly changing direction," says Anthony Carey, M.A., C.S.C.S., C.E.S., co-owner of Function First, an exercise therapy clinic in San Diego. "So it's a lot more effective to train *movements* rather than specific muscles." But there's a catch. Functional moves may be more effective than traditional exercises, but they're also more difficult to master. So, we've taken six of these typically tough moves and given you Carey's tips for performing them exactly right – for optimum results. Follow the guidelines carefully and, eventually, not only will you perfect the moves – you'll take your body to a whole new dimension. ➤

By Suzanne Schlosberg Photography by Nick Horne

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