

New gym takes things SuperSlow

New fitness training technique produces results with less stress

A La Jolla personal trainer has discovered that slow motion offers decided advantages in weight training.

The idea behind personal trainer Matt Hedman's new SuperSlow Fitness Studio at 716 Pearl St, is that it is not the number of repetitions done on weights that is so important. Rather, it is the duration of those repetitions that really matters.

The longer it takes to do an exercise — the greater the physical benefit to the body.

"SuperSlow is the perfect workout," said Hedman. He added the method provides three big benefits: It's time-efficient, clients get optimum results with just two, 20-minute workouts per week; it's effective, users get greater strength gains than traditional weightlifting; and it's safe, the extra-slow exercise technique is less stressful to the body than traditional weightlifting.

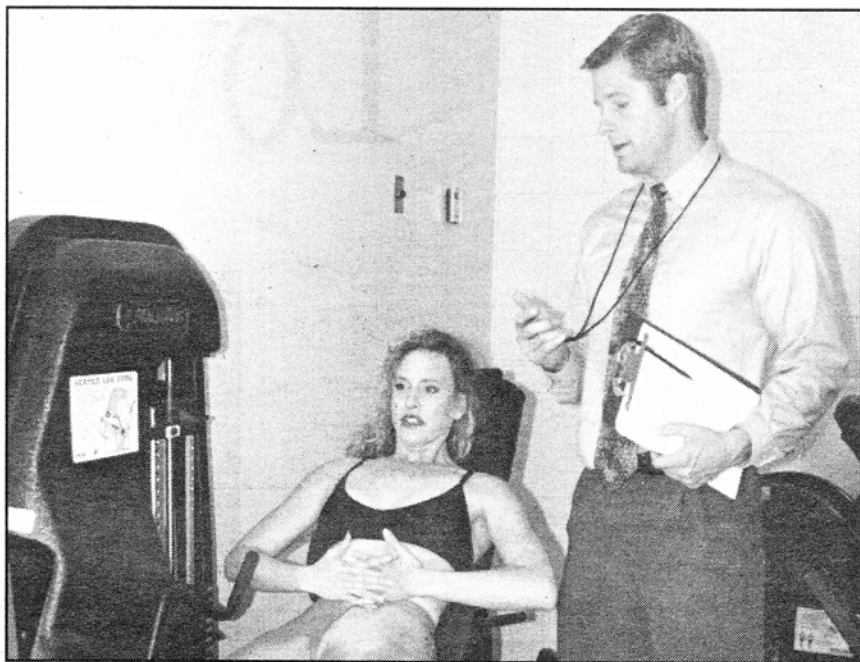
For example, said Hedman, consider how much more exercise a person gets if they do an exercise, like pushups, extra slowly. Doing the exercise gradually, deliberately stretching it out, greatly adds to the workout.

"It eliminates momentum as a factor in helping lift the weights," said Hedman. "It therefore loads the muscles more efficiently, producing better results."

Hedman said studies done on research groups using the SuperSlow method showed users experienced 50 percent or greater strength gains that groups using traditional weightlifting methods, because it makes the muscles work harder.

One of the best things about the SuperSlow exercise method, Hedman said, is that it's more gentle on the body.

"Safety is increased because when you slow down the exercise," he said, "you minimize the amount of



Matt Hedman, right, working with a client, Robyn, at SuperSlow Fitness Studio in La Jolla. Courtesy Photo

acceleration, which reduces the amount of force your joints get exposed to. This is the best way in the world to get a high-intensity, demanding, challenging workout for the muscles, yet it's low-force exercise."

The SuperSlow exercise method was first developed in 1982 at the University of Florida. The technique was first used in weight training for older women suffering from osteoporosis, a bone-thinning disease. Since then, the method has been adapted for wider use and has spread nationwide.

Hedman said he personally was converted to the SuperSlow method about 10 years ago.

"I had been lifting weights two hours a day, six days a week," he said. "When I switched to SuperSlow, the workout was harder but briefer, and my results actually improved. I put on 10 pounds of muscle in the first nine days."

At his SuperSlow Fitness Studio, Hedman works one-on-one with clients by appointment using state-of-the-art Nautilus weightlifting equipment. There are a number of training packages available at the studio. The average cost

of a workout is about \$55.

What are clients looking for today in their exercise workout?

"Typically, they want to improve muscle tone, make their bodies firmer and stronger," said Hedman. "People want help losing inches around their waists, hips and thighs. Weight training also improves the metabolism."

It's also important to combine proper diet with exercise, another area Hedman counsels clients in at his fitness studio.

"When it comes to being lean, food issues are the most important," said Hedman, "but weight training can help, especially if a person reduces their calories in an effort to lose weight."

Hedman said that weight training also benefits someone losing weight, because not only do they take off pounds, but they take them off in the right places. So a person combining diet and weight training can actually sculpt, customize their own physiques.

Hedman's fitness studio is the only one in San Diego using the SuperSlow technique. For information, call 729-9901.

• By Dave Schwab