

ACCENT ON CHOICES

The reputed success of workout secrets shared by Sen. Strom Thurmond, 92, and others is disputed — because of the sessions' brevity — by a Columbus fitness expert / **1B**

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Fit To Print

Strom Thurmond super hunk? What's a body to do?

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I want to be *rock hard, right now*.
I want fabulous abs.
I want to get faster with less training.
I want to drop stress and pounds!

And I want to put an end to urinary infections.
OK, scratch the last one. Mostly, I have no altruistic goals. It's spring, and before I go outside to wash the car, I want to be as buffed as Tom Brokaw, George Stephanopoulos, Montel

Williams and Strom Thurmond.

OK, scratch Thurmond, who is 92, doesn't look so hot and probably has no altruistic goals.

The South Carolina senator and the other celebrities share workout secrets in the May issue of *Men's Health*

magazine. The cover

article by D. Eric Bodgan preaches the benefits of 20-minute workouts twice a week for people whose careers and lifestyles often preclude them from spending hours in a gym.



Gerald Greenspan of Columbus Fitness Consultants thinks 20 minutes devoted to fitness are better than no minutes but . . .

"If people are looking to get the shape of the guy on the cover in 20 minutes, well, that's the deceptive part," he said.

Greenspan takes issue with the article's reference to a YMCA study that claims out-of-shape subjects who worked out for 20 minutes twice a week gained an average 3 pounds of muscle and lost more than 4 pounds of fat in less than eight weeks.

"The data on exercise shows that for the first six to eight weeks, you don't see any changes in muscle," he said.

In the short term, Greenspan said, muscles become used to performing exercises and people become mentally comfortable doing them.

He has problems with portions of the suggested workout routine. He doesn't recommend the military press to clients, he said, because of the potential for injuries.

Greenspan also would substitute abdominal crunches for tricep and bicep exercises, noting that the arms are worked while doing other exercises.

"The home workout recommends pull-ups," he said. "I'd say 95 of 100 people can't do pull-ups. Monkeys climb; people don't."

He likes the idea of "supersets," in which a person does back-to-back exercise sets to work opposing muscle groups. The bench press and lat pulldown come to mind.

Two sets always are preferable to one, he said, and lighter weights with more repetitions help to reduce injuries in this routine.

"In 20 minutes, you're not building bulk anyway," he said. "All it builds is tone. And you better stretch some. If you stretch, you're probably talking 30 to 35 minutes, instead of 20."

Aerobic exercises are not included in the magazine workouts. Greenspan encourages clients to find time to use a stationary bike or treadmill or take a brisk walk.

So *rock hard, right now* isn't likely. *Sigh*.

