

10-SECOND LIFTS, 20-MINUTE WORKOUTS



LUI KIT WONG/The News Tribune

Time-lapse photography captures model Aileen Carrell as she demonstrates the increasingly popular technique of super-slow weight lifting.

SLOW-MOTION MUSCLES

Lifting weights slowly catches on as quick way to get results

BY NIKI SULLIVAN
The News Tribune

Tom Quinlan strains at the shoulder press as his trainer, Justin Corley, offers feedback.

If Quinlan weren't dressed in slacks and a dress shirt, lifting the weights in extreme slow motion, this might seem like more of an ordinary gym scene.

Quinlan, a lawyer from Gig Harbor, was practicing "super slow" weight lifting on a recent morning. After the 20-minute session at SuperSlow Zone at Pacific Wellness in University Place, he threw on a tie and jacket and headed off to court.

That's right, without a shower.

Super-slow weight lifting, which focuses on lifting and lowering a weight for 10 long seconds until the muscle fatigues, is a stark contrast to what you find in most gyms, where it's common to lift and lower in a few seconds.

The feeling is different, too: The long, slow lifting and lowering gives the muscles a deep burn, and often causes shaking and fatigue by two minutes' time.

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TO GET STARTED

If you're interested in trying super-slow weight lifting at home or your own gym, you're in luck: It doesn't require special equipment or know-how.

Of course, before starting any exercise regime, you should exercise caution and check with a doctor. Also, if you've never trained with weights, you might consider getting a primer on form at the gym.

For those who regularly lift weights:

■ You can tailor your current program to super-slow standards by going slow and doing each exercise only once and until the muscle fatigues — or is physically unable to lift the weight any longer.

How slow? Try watching a clock for the first few tries to learn how the 10-seconds-up, 10-seconds-down cycle feels.

Resist the urge to speed up at the beginning or end of each repetition, trainer Justin Corley said: You'll only be using momentum, which won't develop muscle. Also resist the urge to stop at the beginning or end, as this will give your muscles a rest.

■ If you've never lifted weights, grab a soup can, milk jug or child and try a few biceps curls. Focus on lifting the weight for a 10-second count, then lowering for another 10, following the tips above.

■ If you're not much into doing-it-yourself, you can contact SuperSlow Zone at Pacific Wellness by calling 253-564-8100, or visit www.superslowzone.com/usa1039. The introductory price for one-on-one training is \$25 per session.

HAPPILY EVER AFTER

BY KELLY HARAMIS
Chicago Tribune

"The Nest Newlywed Handbook" is the perfect guide for engaged couples or young marrieds. It covers almost every aspect of marriage, including finances, in-laws, sex and housekeeping. These tips might keep you from being the next Reese and Ryan.

1 "To keep your sanity and avoid low-blood-sugar-induced 'what's for dinner?' drama, try creating a schedule."

2 "Diapers and burp cloths really will feel like child's play once you've paper-trained Rover and dealt with Fluffy's furballs."

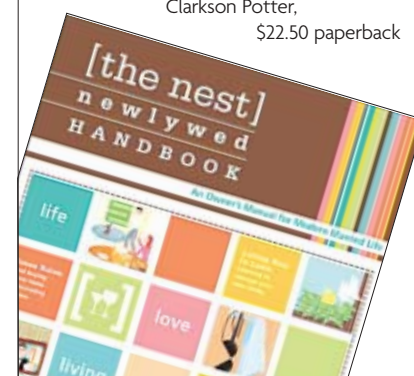
3 "If his baseball collection rivals Cooperstown's and her magazine rack hasn't been picked through since she read Seventeen, forget the spring — it's time to clean now."

4 "Trading chores for a week once a month is also a great way to appreciate the other's 'roles' and understand the work your partner is putting in (i.e., making the bed is harder than you think)."

5 "If it's an especially stuffy or tedious office party, make a secret game out of it with your mate by taking a sip of your drink every time you hear somebody utter an industry-speak phrase like 'deal structure' or 'drill down.'" But, the book warns, play responsibly.

THE NEST NEWLYWED HANDBOOK
By Carley Roney and the editors of thenest.com

Clarkson Potter,
\$22.50 paperback



LONG-WINDED WRITERS

660,000: Words in Leo Tolstoy's "War and Peace"

780,000: Words in the Bible

2,800,000: Words in U.S. tax code

714,227,354: Word count for NaNoWriMo 2005, last year's National Novel Writing Month event in which participants were asked to write 50,000-word novels during November.

The Washington Post

HASSLE-FREE HOLIDAY

Here's how holiday decorating couldn't be easier: The window candle lights at www.grandinroad.com are on a self-timer so they'll light for eight hours and go dark for the next 16. A set of six costs \$45.

The Washington Post

COMING TUESDAY

No batteries required. We take a look at low-tech toys that might make great gift ideas for under \$25.

24-YEAR-OLD INSPIRED BY 'FAR SIDE'

Young cartoonist makes syndication grade with 'F Minus'



A love of art, a funny family and a few phobias led 'F Minus' creator Tony Carrillo to MTV fame and syndication. His comic begins today in The News Tribune.

BY BILL HUTCHENS
The News Tribune

Comedy is therapy for Tony Carrillo.

While coping with his fear of water, the 24-year-old creator of the comic

strip "F Minus" dreamed up a recent gag about a shark who chokes instead of chomps.

"I was on a trip to Mexico swimming in the ocean and wondering what could be beneath me," Carrillo said during a recent phone interview. "I'm kind of afraid of the ocean and water. And clowns. I hate clowns. I put my fears into my comics. It's kind of therapeutic."

So don't be surprised if sharks and other sea creatures — as well as those cursed clowns — appear in Carrillo's

work. "F Minus," a strip many readers are comparing to "The Far Side," starts its run in The News Tribune on today's comics page.

As a child, the Tempe, Ariz., native enjoyed art and always assumed he'd follow his mother's career path to become a professional painter with exhibitions in galleries.

Then, in his sophomore year at Arizona State University, he began drawing his strip for the school newspaper.

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Carrillo

■ "F Minus" starts today on the comics page, D8