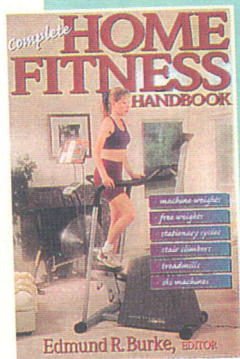


The Complete Home Fitness Handbook



As the author of *IRONMAN's Home Gym Handbook*, I was a bit perturbed when this book landed in my mailbox. Even the title is similar. Once I opened it and started reading, however, the steam coming

out of my shirt quickly subsided.

My book is about serious weight training at home, with real bodybuilding routines, anecdotes and intensity techniques; this one, *The Complete Home Fitness Handbook* by Edmund R. Burke, is, well, fitness fluff—comparatively speaking, of course. It may look prettier than *HGH*, but it's for recreational fitness folk who have no desire to build large muscles. In other words, if you're a bodybuilder, don't bother.

Seeing as how you may be looking for a gift for a home-fitness buff, let me fill you in on what this book contains. The information in it includes instructions on testing your cardiovascular fitness (the old faithful pulse test); flexibility training; photos and explanations of exercises on a multi-station home weight-training machine; photos and explanations of exercises with free weights; chapters on stationary bikes, treadmills, stair climbers and cross-country skiing indoors; suggested routines and nutrition (the popular Food Pyramid).

Don't get me wrong. This is a fine book for the general-fitness market. It gets across the benefits of strength training and contains some good information. It's just not for most readers of *IRONMAN*. In other words, serious weight trainers need not apply.

Pros: Good general-fitness book.

Cons: We want muscle, not fitness.

Price: \$14.95, available at bookstores nationwide.

—S.H.



Delt Force

Bodybuilders know that to get that wide look, they have to concentrate on building the lateral-deltoid heads. Even a fractional gain on this relatively small muscle can create the broad-shouldered illusion, making the waist look tiny.

So what do most bodybuilders do for their side delts? Dumbbell laterals with a big swing and a definite backward lean. Are they hitting the lateral heads? Hardly. The backward lean puts most of the stress on the front delts, not the side.

One solution is the new Delt Force, a plate-loaded device that sits on your upper arm so you can do one-arm laterals. It essentially mimics the movement of a lateral-delt machine, but with one big difference—you're not locked into a range of motion. Your arm is free to move a little forward or backward at the shoulder joint, so you eliminate a restriction that has injury-producing possibilities.

Delt Force also eliminates having to hold a dumbbell in your hand. With dumbbells it's very easy to build up momentum or pull the weight in closer to your body so you shorten the arc of motion and make the movement easier. With Delt Force you don't use your lower arm and your lateral-delt head receives the brunt of the work. Plus, there's no strain on your wrist or elbow, as there is with dumbbell lateral raises.

If you have trouble building your

side-delt heads, or you just like having some variety in your shoulder training, Delt Force is an innovative piece of equipment you'll make some big gains with.

Pros: Comfortable and a great lateral-head isolator.

Cons: You have to do lateral raises one arm at a time, and it's a bit pricey.

Price: \$119 plus \$9 shipping.

To order: Call Calibro Corporation, 1-800-335-1524.

—S.H.

IRONMAN VIDEOS TOP 5

- 1) '96 Swimsuit Spectacular
- 2) Bertil Fox
- 3) Critical Chest & Delts
- 4) IRONMAN Invitational Six-Pack
- 5) Critical Legs & Back

—Compiled by Dean Reyes

IRONMAN BOOKS TOP 5

- 1) IRONMAN Bulletin #1: 10-Week Size Surge
- 2) Critical Mass: The Positions-of-Flexion Approach to Explosive Muscle Growth
- 3) IRONMAN Bulletin #2: Fat to Muscle
- 4) Muscle Meets Magnet
- 5) 10 Minutes to Granite Abs

—Compiled by Dean Reyes

