

Certified exercise professionals say do more squats, lunges

Both exercises isolate lower-body muscle groups; walking uphill, jogging, stair climbing are good also

Forget about "butt-busting" fitness gadgets. A recent poll of American Council on Exercise certified fitness professionals found simple squats and lunges to be the best ways to tone and shape the gluteal muscles.

In the May/June issue of ACE FitnessMatters, more than 36,000 ACE-certified fitness professionals were asked to name the best exercise for achieving a shapely rear end. Most of the respondents said the best overall exercise was squats - with or without weights. Lunges were named a close second.

Both exercises require core body balance and strength to isolate lower-body muscle groups. But other favorites were just as basic. Walking uphill, jogging and stair climbing rounded out the top five.

Richard Cotton, ACE's chief exercise physiologist, is quick to point out that toning and shaping any muscle group requires incorporating a strong aerobic component into your exercise program.

"Squats and lunges will work to strengthen your gluteals, as well as most of the major muscle groups of the lower body," Cotton said, "but you will only see a change in shape if you are doing fat-burning aerobic exercise and watching your diet as well. You'll get the strength benefits doing squats and lunges, but there will be no change in appearance without a well-rounded approach.

"Your best bet is walking uphill. It's the best combination of aerobic activity to burn fat and anaerobic activity to shape muscles."

Here are the top gluteal/lower-body exercises, according to surveyed ACE-certified fitness professionals:

1. Squats, with or without weights
2. Lunges
3. Walking, especially uphill
4. Jogging, running, or sprinting
5. Stair Climbing

Cotton also strongly warns against believing any specific exercise is a sure-fire way to get the body you desire. A number of factors determine body size and shape, including diet, cardiovascular conditioning, and strength training.

But according to Cotton, something none of us can control - genetics - is the No. 1 factor in body shape.

(Courtesy of the American Council on Exercise. ACE is a nonprofit organization dedicated to promoting the benefits of physical activity and protecting consumers against unsafe and ineffective fitness products and instruction. For more information on ACE and its programs, call (800) 825-3636 or log onto the ACE Web site at www.acefitness.org.)



Charlie Wall

Alvin Anderson uses a Smith machine for leg squats.

Work those legs at the base fitness center

By Senior Airman Michael Duhe
437 AW Public Affairs

The Charleston AFB Fitness and Sports Center offers a number of leg exercise machines and racks in the weight room. Three squat racks are available to gym patrons - one free weight squat rack and two "Smith machines" equipped with blockers and stoppers that help ensure safety and proper technique. Senior Airman Stacia Luoma, a personal trainer at the gym, said she strongly recommends using a spotter while doing squats.

When doing squats, use your legs, not your back, she advised. Make sure your knees don't go past your toes and your gluteals don't go past your knee. Also, don't hyperextend your knee and keep your back straight. Keep your head up, not down.

A leg press is also available in the weight room. When doing leg presses, make sure your gluteals don't come off the bench and your knees don't go past your toes. Don't hyperextend your knees.

Lunges can be done with or without weights, Luoma said. When doing lunges, make sure your toes don't go over your knees. Form is very important. Look forward. Your back should be straight - don't bend. Go down slowly and don't touch your bent knee on the floor.

"If you have bad knees, be really careful doing lunges," she added.

Several Cybex exercise machines at the fitness center are designed for a leg workout, such as hip adduction, hip abduction, leg extension (for quadriceps) and leg curl (for hamstrings). Toe raise machines are available to work on your calves and stairclimbers are located near the racquetball courts.

Luoma offers advice to gym patrons who have questions about things such as exercises, workout equipment and technique.

"Normally, I'll take them through the Cybex machines and give them an orientation," she said. "If they want to work their legs, I'll show them proper technique on squats, leg press and lunges."

Luoma suggests stretching before and after working your legs. Five minutes of warming up on a cardio machine (such as a treadmill) prior to working out will also help by getting the blood flowing to your legs. Spend at least 15 minutes stretching after a leg workout.

"Stretching is good because it prevents soreness and injuries," Luoma said.

The fitness center staff is available to answer questions about exercise and health. They can be reached at 963-3347.

Intramural standings

Basketball	W	L
1. Flyers	10	0
2. SUP 1	9	0
3. SFS	10	1
4. MEDGP	8	1
5. SUP 2	8	3
6. 437 AGS 1	7	3
7. CRS	6	3
8. EMS	3	3
9. APS 1	3	3
10. 1 CTCS	4	6
11. 437 AGS 3	2	3
12. CES	3	5
13. Navy Hosp	3	6
14. LSS/CPTS	2	5
15. LGT	2	6

Sports Line

	W	L
16. APS 2	2	8
17. 437 AW	1	8
18. 437 AGS 2	1	9
Racquetball		
1. SFS	11	1
2. 437 AW	11	4
3. 437 AGS 1	11	4
4. CS	8	4
5. 373 TRS	9	6
6. 1 CTCS	7	8
7. CES	5	7
8. CRS	5	7
9. APS	6	9

	W	L
10. EMS	4	8
11. SUP	3	9
12. 437 AGS 2	1	14
Bowling		
National League		
1. CES		
2. APS 1		
3. 637 AGS 1		
4. Det. 3		
5. LSS		
6. EMS 2		
7. Comm		
8. MSS		

9. EMS 3	
10. 15 AS	
11. CRS	
12. Blind team	
American League	
1. 637 AGS 2	
2. EMS 4	
3. APS 3	
4. EMS 1	
5. 637 AGS 3	
6. SVS	
7. APS 2	
8. SFS	
9. LGT	
10. CTCS	
11. 437 OSS	
12. APS 4	