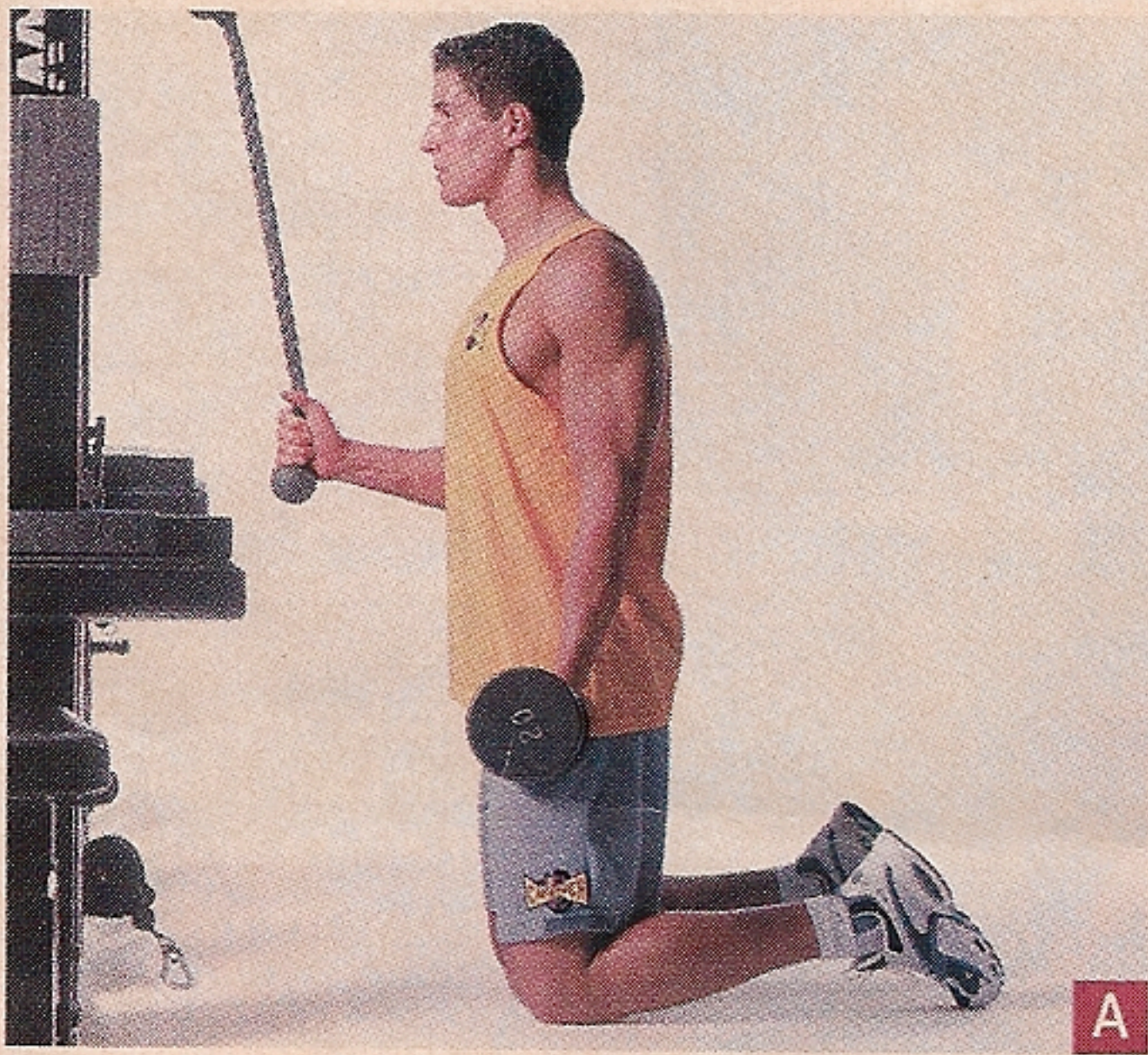


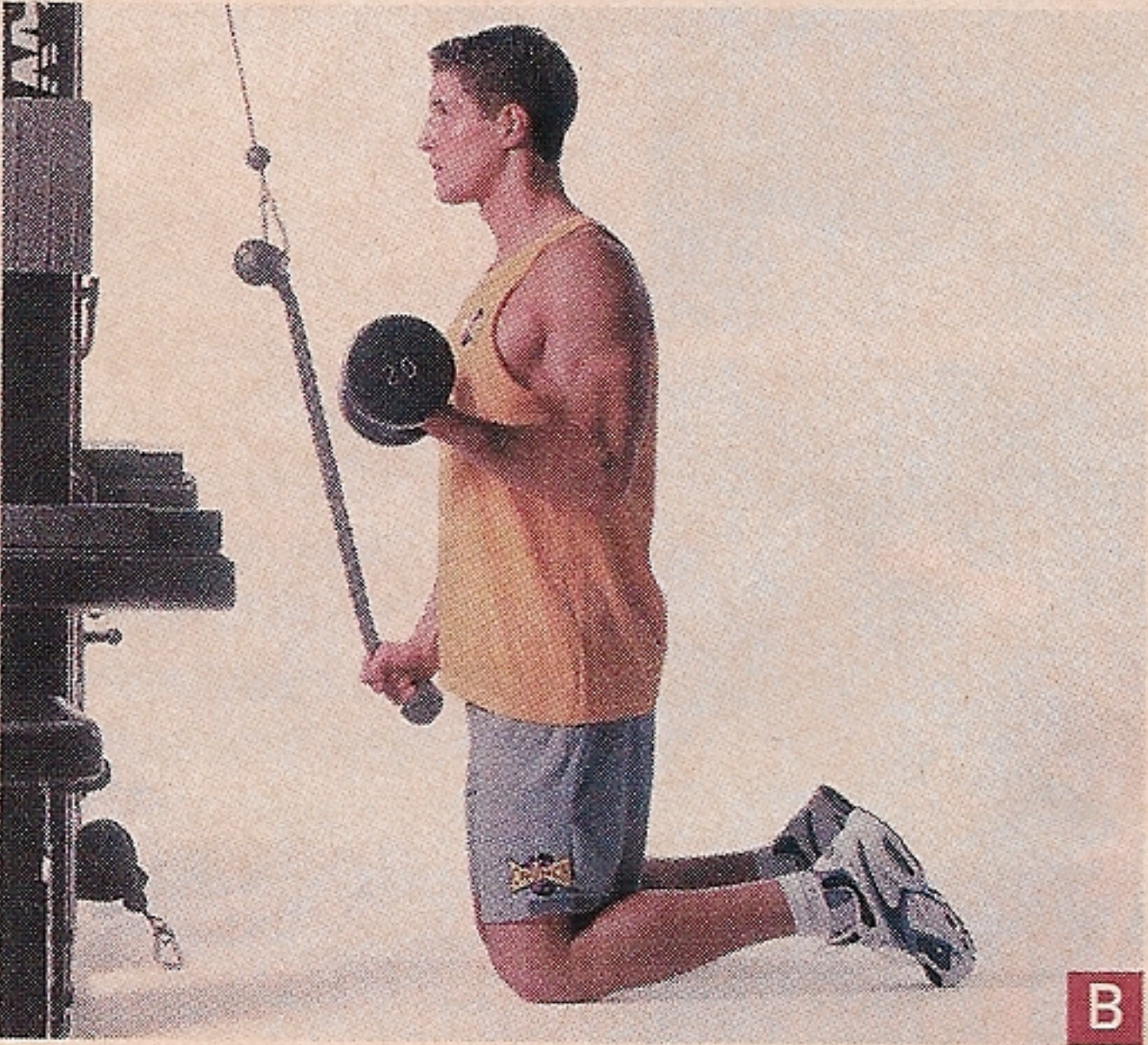
OPPOSING FORCES

Build bigger shoulders and arms with this superset

IN WEIGHT TRAINING there's a shortcut, called reciprocity training, that can make you stronger in less time. A typical exercise would involve pushing with one arm while pulling with the other. Try reciprocity training for 3 weeks, twice a week, using about 20 percent less weight than usual, says Ben Prentiss, owner of Body Turning in Connecticut. Then go back to your regular workout and see how much you've improved. Extra benefits: You'll probably do these slower than usual, which helps build muscle, and you'll improve your coordination.



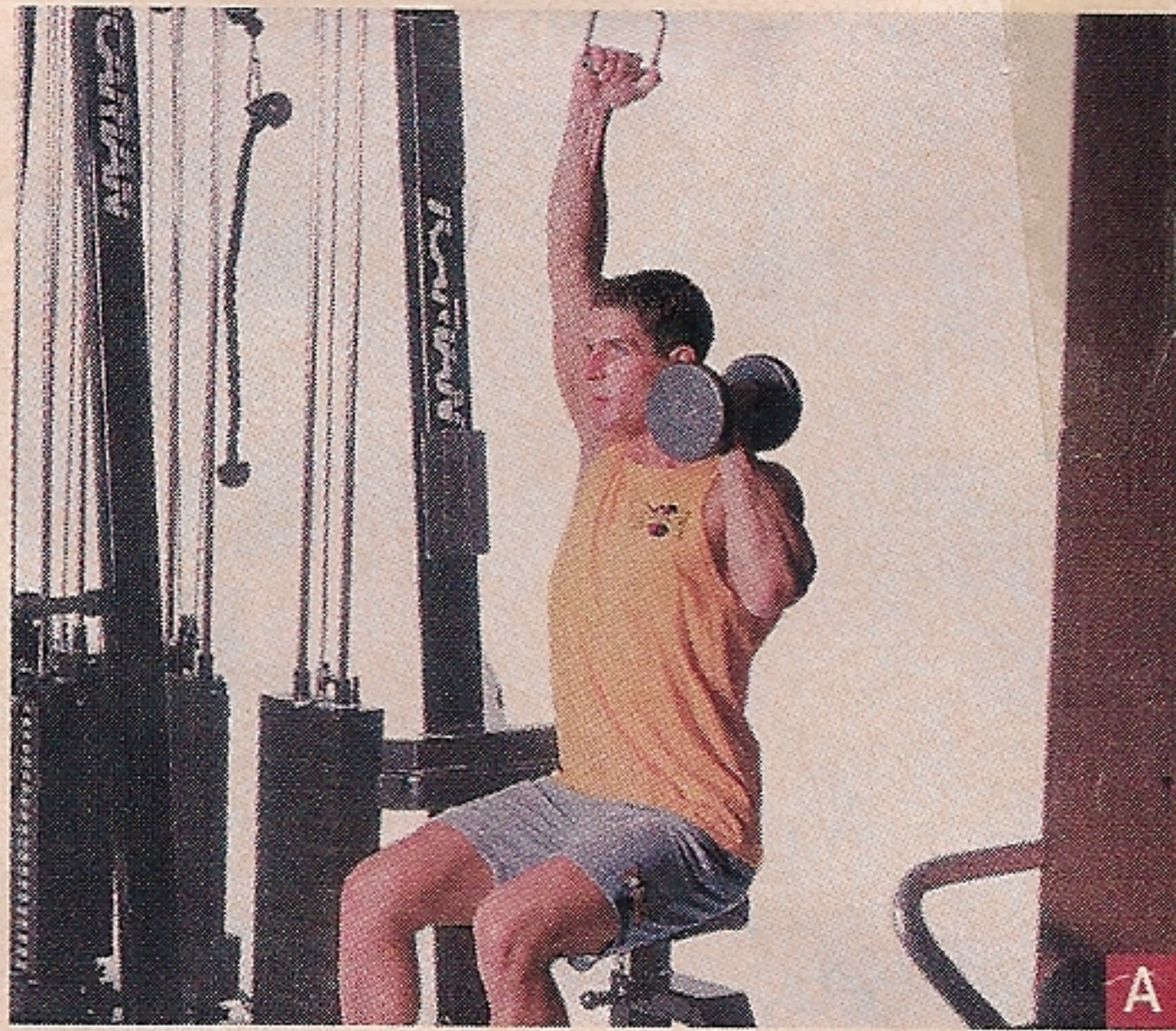
A



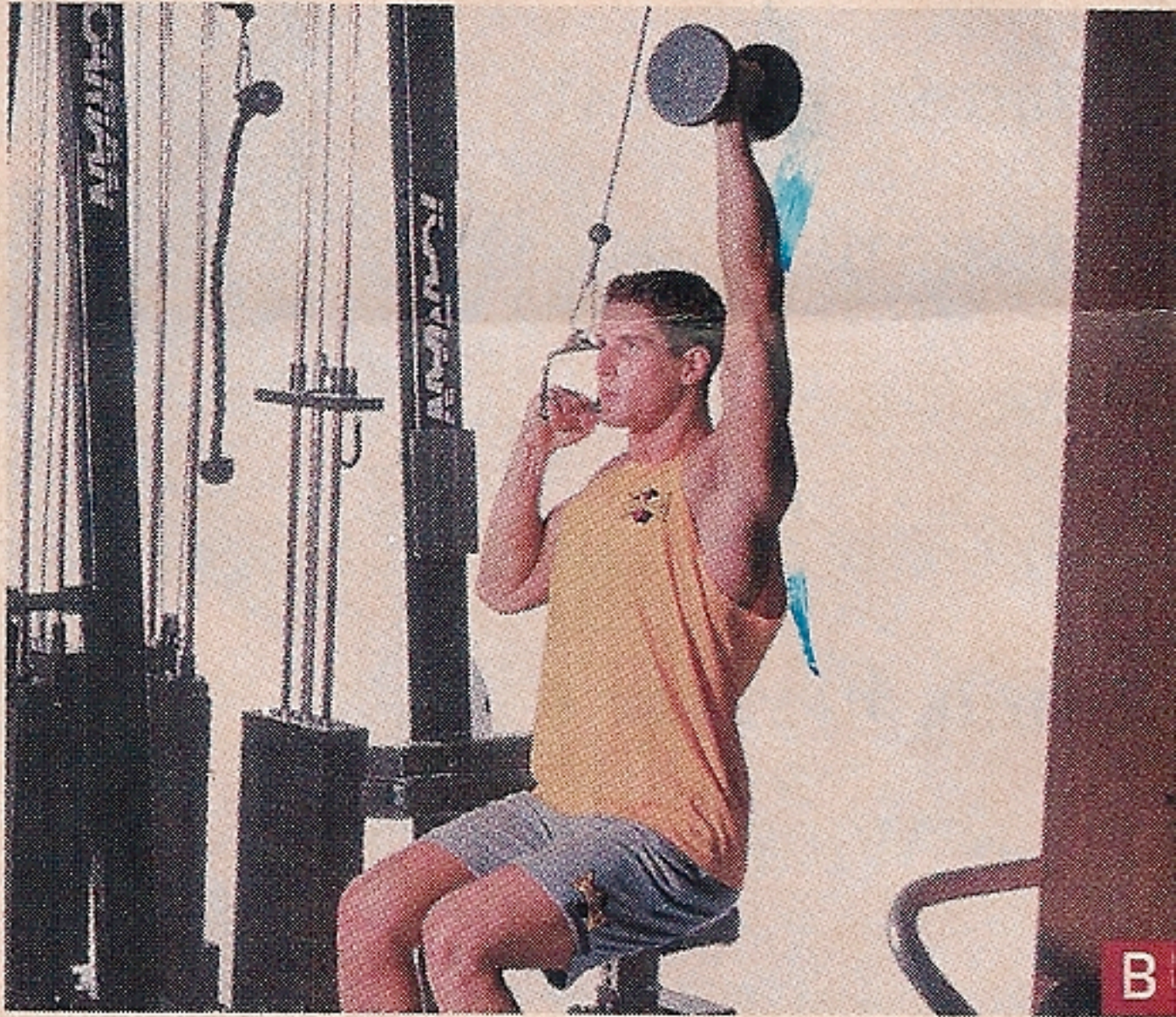
B

▼ SHOULDER PRESS/LAT PULLDOWN

Attach a single-arm handle to a lat pulldown machine, grasp it with your right hand, and sit down so that the machine is at your side. Then, grip a dumbbell with your left hand, your palm facing the lat-pulldown machine. Hold the dumbbell at jaw level [A]. Slowly pull the lat-pulldown handle down in a straight line over your collarbone as you push the dumbbell above your head [B]. Slowly return to the starting position and repeat.



A



B

▲ BICEPS CURL/TRICEPS PUSHDOWN

Attach a rope to the high pulley of a cable station and pull it down with your right hand until your elbow is bent 90 degrees. Then, grab a dumbbell with your left hand and hold it down at arm's length with your palm facing forward [A]. Slowly pull the rope down with your right hand while you curl the dumbbell toward your chest with your left hand [B]. Slowly return to the starting position and repeat.

Do 10 to 12 repetitions of the shoulder-press/lat-pulldown combination, then switch arms for another 10 to 12 repetitions. Rest 10 seconds, then do two sets of eight to 10 of the biceps-curl/triceps-pushdown combination, again switching arms between sets. Rest for 90 seconds and repeat the sequence for two to three supersets.