

## 12 minutes of Super Slow type strength training *once a week*

- Achieves the same growth hormone production as you would with more extensive exercising.

### How to Perform Super-Slow Weight Lifting

By aggressively working your muscle to fatigue, you're stimulating the muscular adaptation that will improve the metabolic capability of the muscle and cause it to grow. McGuff recommends using four or five basic compound movements for your exercise set. These exercises can be done using either free weights or machines. The benefit of using a quality machine is that it will allow you to focus your mind on the effort, as opposed on the movement.

Dr. McGuff recommends the following five movements:

1. Pull-down (or alternatively chin-up)
2. Chest press
3. Compound row (A pulling motion in the horizontal plane)
4. Overhead press
5. Leg press

Here's a summary of how to perform each exercise:

1. Begin by lifting the weight *as slowly and gradually as you can*. The first inch should take about two seconds. Since you're depriving yourself of all the momentum of snatching the weight upward, it will be very difficult to complete the full movement in less than 7-10 seconds. (When pushing, stop about 10 to 15 degrees before your limb is fully straightened; smoothly reverse direction)
2. *Slowly* lower the weight back down

Repeat until exhaustion. (Once you reach exhaustion, don't try to heave or jerk the weight to get one last repetition in. Instead, just keep trying to produce the movement, even if it's not 'going' anywhere, for another five seconds or so. If you're using the appropriate amount of weight or resistance, you'll be able to perform four to eight repetitions)

Immediately switch to the next exercise for the next target muscle group, and repeat the first three steps. When done in this fashion, your workout will take no more than 12 or 15 minutes. For more information about Super-Slow resistance training, please see [my interview with Dr. McGuff](#).