

Go with the slow

Midtown is the new traffic zone for high-intensity strength training



Photo: Roxana Marroquin

The idea is simple: Move a heavy weight at a slow speed until the muscle goes kaput. But when trainer Ken Hutchins's mid-.80s study proposed the idea, it was revolutionary. This kind of high-intensity strength training, it turns out, is not only safer (eliminating momentum reduces the risk of injury) but is also more effective than doing dozens of repetitions of a lighter weight, and a person can use several machines in 30 minutes without ever breaking a sweat. The scientific and highly specialized method named SuperSlow, quickly garnered attention and spawned famous copycats Slow Burn and the Power of Ten. But 20 years is a long time for a protocol to go unrevised. Each of these four fitness experts updates it in his own special way, and they're all located within a few blocks of one another in Midtown, giving time-crunched suits a fast way to slow down and shape up..*Jane Borden*

90-Second Fitness

\$75 per 15-minute session

The trainer: The method was created by owner Pete Cerqua, but I worked with Mary-Beth Holland, a soft-spoken specialist who strikes a motivating balance between patient and prodding.

How it's unique: Pete Cerqua holds that one or two 90- or 60-second repetitions per machine, once a week, will still have devastating effects on muscles, which then have the entire week to recover building new fibers in the process.

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