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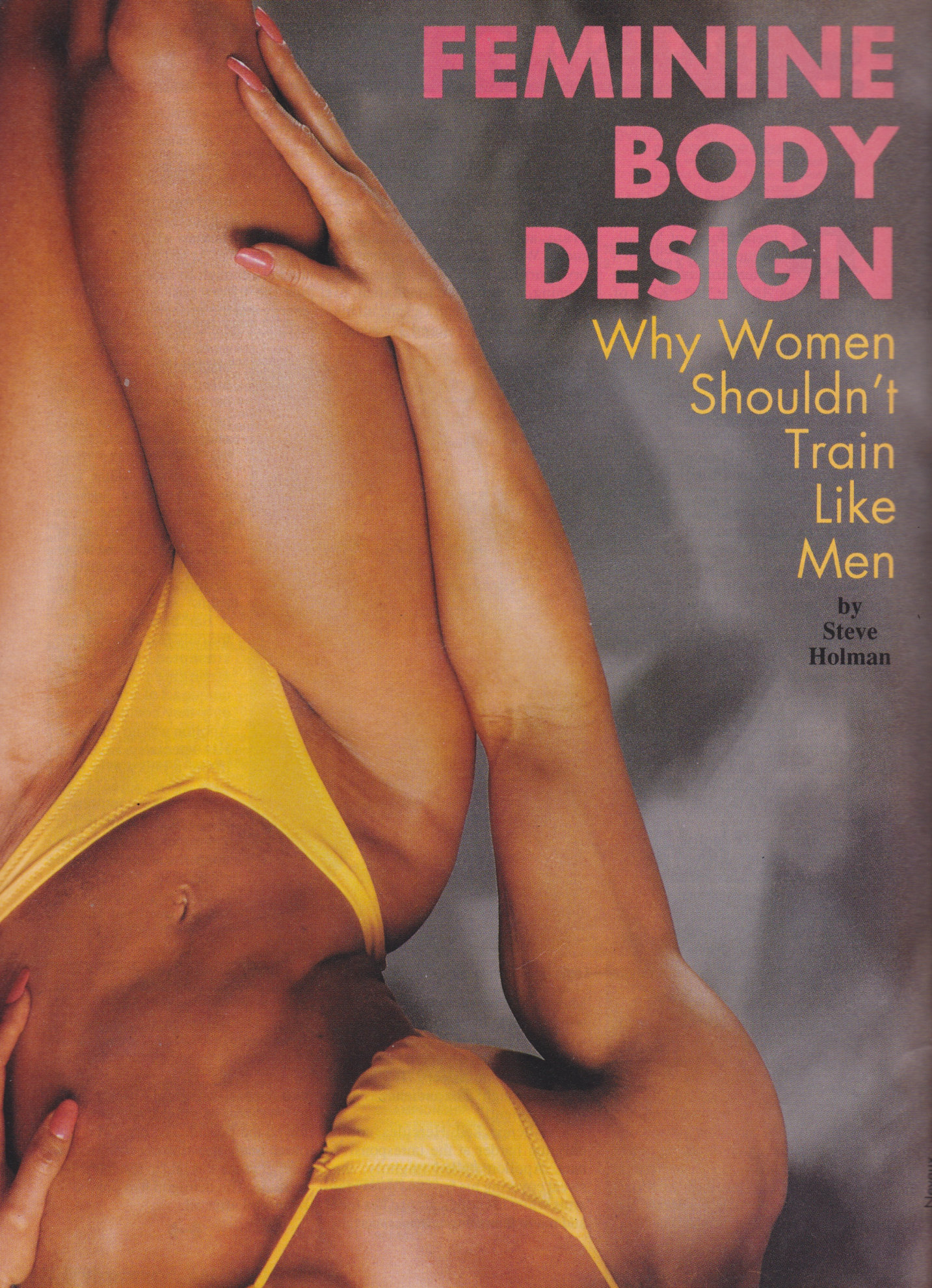
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FEMININE BODY DESIGN

Why Women
Shouldn't
Train
Like
Men

by
Steve
Holman

The body is a mesmerizing entity: the way it flows from position to position, the capabilities it has to push and pull and the strength it can generate in the blink of an eye. Generally speaking, almost every body—male or female—has the potential to blossom along these lines. Weight training is the key. Specifically speaking, however, the training required to induce this blossoming in men and women is quite different.

Stephen Hercy of Body Designers Unlimited, located in Venice, California, has based his entire training business on this fact. From the very beginning Hercy recognized the different training needs of women versus men.

"From the day I started training, I noticed that most women used a male style of training," he explained. "And that doesn't help them to improve their feminine physiques. It's why I started to get involved in women's training. I created specific programs aimed at women's problems, and the results were immediately incredible.

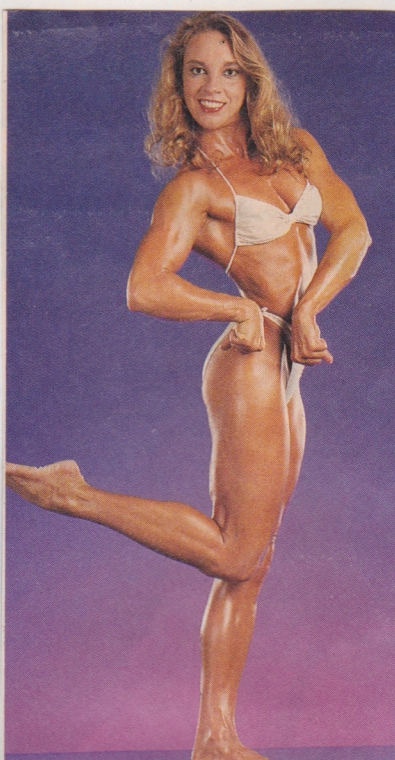
"If a man works out—it doesn't matter how—he is still going to build muscles. Sometimes the muscles are ugly, but he is satisfied because he thinks being ugly is being virile. But women lose their femininity when this happens."

Hercy does have a degree in physical education, which gives him a good base when it comes to training, but he admits that what he is trying to achieve is worlds away from what he was taught. In other words, he is not merely a personal trainer, he is a body designer, a difference that is evidenced by the way he arrives at "the" routine for any particular student.

"I first study the skeleton," Hercy said. "Then I look very carefully at the muscle attachments. Finally I review the muscle masses. It takes me three to four days of research to come up with 'the' program. I work like a lawyer who must prepare a case perfectly before he goes to court. It's not possible to create a good program in just a few minutes; there are too many factors to consider."

Hercy considers himself like a painter: He adds a touch of color here or takes away a little somewhere else. But it's all done with one goal in mind: to harmonize the whole.

It's not all physical, however. The



Suzy Lapierre has sculpted the perfect body for her specific structure through proper weight training.

mind is also important—more important than most people think. Each student is brought to a point where she truly believes that she is in charge, which completely contradicts the personal trainers' philosophy of dependence. Hercy believes that trainees don't need somebody to guide them; they just need a formula. The trainee actually becomes self-sufficient using his formula, and when questions arise, she simply calls Hercy for the answer.

The mind is also involved in another important aspect of Hercy's

BEFORE. Rita Rose Wilson had a blocky, unaesthetic physique, so she went to trainer Stephen Hercy for a program.



philosophy: feeling the movement. Hercy believes that when a woman feels what she does, she does it well. A man does well, according to Hercy, only if he's productive. Women must work out for the feeling, not for the sake of lifting weights.

"I never scream to push them to the limit," he said. "I never ask them or push them to do more sets. It is not necessary to push a woman to do more. It's enough if they understand what they have to do and then feel it. Everything else will come automatically."

And what about diet? Is a strict food intake necessary to get the desired results? Not in the beginning, according to Hercy. Diet and/or aerobics come later, when the student has improved her strength level by 50 percent. Hercy used a student, Suzy Lapierre, to illustrate his point:

"When Suzy first came to see me, she was a jazz dancer. Her calves were undersized, her waist and hips too thick, and she didn't have any arm muscle. A trainer probably would have started her on a strict diet and hard training, and she would have then lost even more arm and calf size. As a matter of fact, Suzy didn't have any weight to lose; she only had to build more shoulder size to equal her hips. She also had to put priority on her calves and back.

"I decided to develop a complete program that would allow her to restructure her physique and give her better proportions. After a few weeks

AFTER. With a weight-training regimen designed by Hercy, Rita has built a remarkable, appealing body.



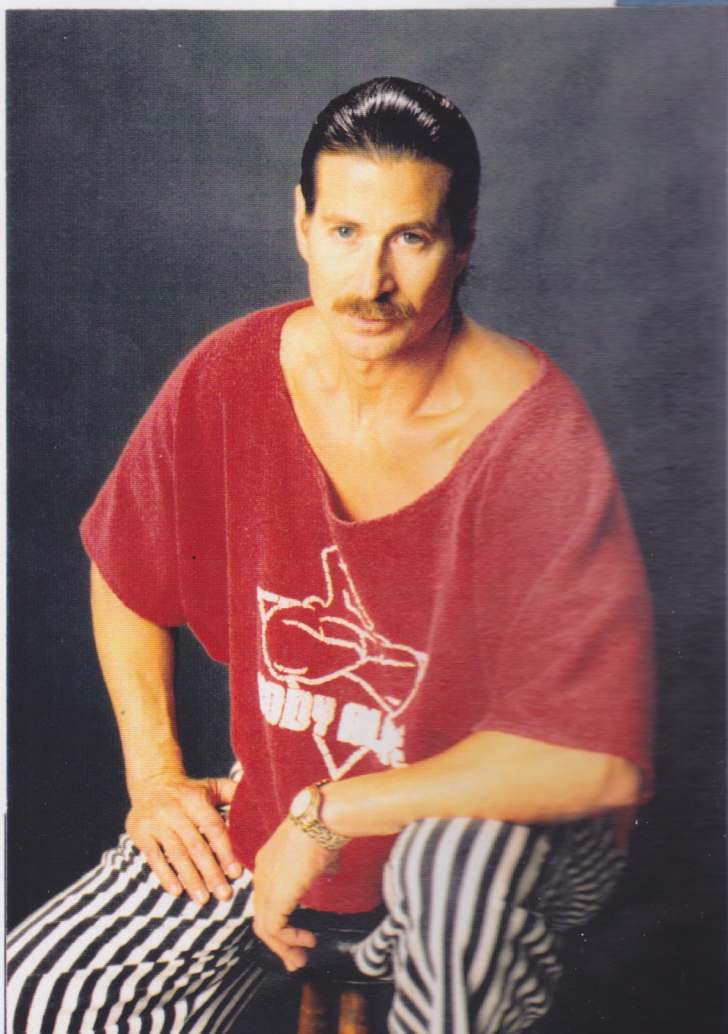
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of training, Suzy became leaner while developing ideal proportions, which was the goal of my program. Suzy's results were not obtained by doing aerobics or by putting her on a diet, but through muscular development. Now when you see Suzy running on the beach, she doesn't look like a starved dancer or a masculine body-builder; she is healthy and happy and has the right balance."

If a woman is on the other end of the spectrum and has lots of weight to



Body designer Stephen Hercy can literally transform the female physique.

lose, Hercy still doesn't believe a strict diet is necessary in the beginning. He first tries to bring the body as close to ideal proportions as possible through weight training. This, in turn, boosts self-esteem and energy levels, and then the student will start watching what she eats and maybe begin some type of aerobic activity.

Sculpting the body through weight training is the core of Hercy's body-designing philosophy. It's simply the fastest way to a great body for any woman.

"Any woman has a beauty potential that will only appear if she works on proportioning her muscle groups," Hercy said. "The ideal and best way to get there depends on her genetics, her character and her goals in life."

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