

# Art Department



Clay Nielsen

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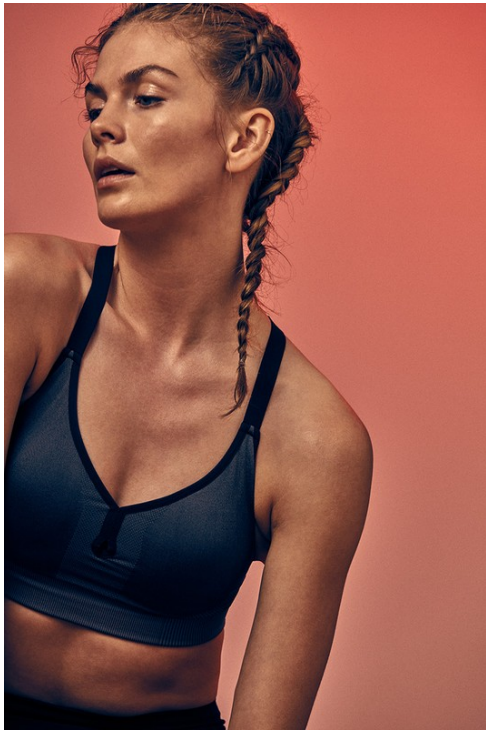
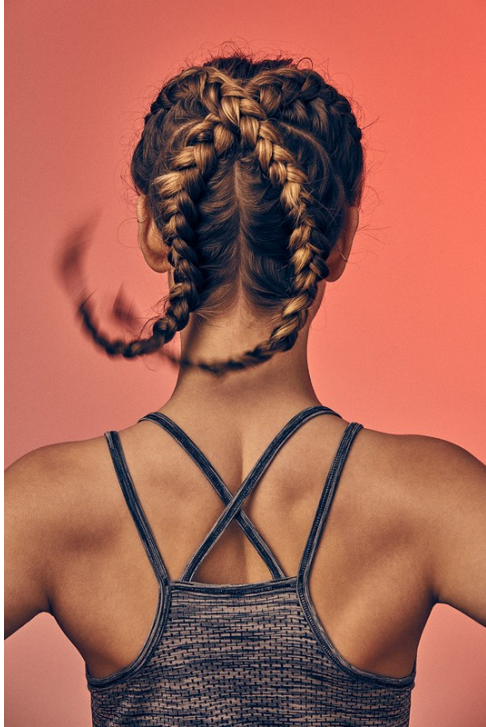
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#### STAND TALL

While doing a biceps curl, keep your shoulders back and your chest up. "If you hunch as you lower your arms, you'll overwork your lower trapezius, overstretch your lower trapezius, and underwork your core," says Griffin. **PHOTOGRAPHY** Joshua S. **STYLING** BBA Magazine/ BELY (Luko)



#### FORM FIRST

"Often, workout injuries happen because we throw our bodies into a move," says personal trainer Kara Griffin. Doing a set of slow high knees puts back into the proper position.

**TOP** American Apparel  
**BOTTOM** Athletic  
**SHOES** BOTTOMS ALX  
**HAIR** Tami Cline  
**MAKEUP** Gilda Borgo

## TOTAL STRENGTH

WE LOVE TURBOCHARGED HIIT-STYLE ROUTINES—AND YET, SLOWER, MORE CONTROLLED REPS HAVE SOME SURPRISING PAYOFFS. HERE'S HOW TO GET THE BEST OF BOTH WORLDS IN ONE NEXT-LEVEL WORKOUT. **BY EMILY ABBATE**

Whether it's climbing a hill during a bike ride or doing leg pulses in barre class, a lot of things benefit from dialing back the speed every now and then. Add strength training to that list. Take your time lifting—with an emphasis on perfect form—ensures that each rep challenges your muscles without any help from momentum. "When you slow down and focus on the eccentric, lowering phase of a movement, your overall strength scores a big boost," says sports medicine doctor Jordan Metzl, M.D., author of *Dr. Jordan Metzl's Workout Prescription*. Enter personal trainer Kara Griffin, whose innovative slow-fast-slow strength training technique is taking off in Los Angeles. "The problem with going at full speed all the time is that it often means larger, stronger, or tighter muscles end up doing the work for smaller ones," says Griffin. "By starting slow, you focus on form. Picking up the pace brings the muscle near exhaustion, then slowing it back down puts an emphasis on endurance." The result? Maximum sculpting. And that is a nice change of pace.

PHOTOGRAPHED BY HANNAH KHYMYCH  
STYLED BY JULIA EHRLICH

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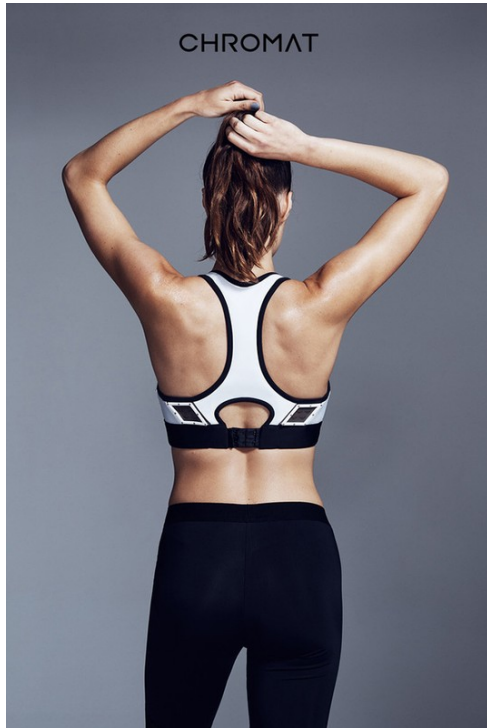


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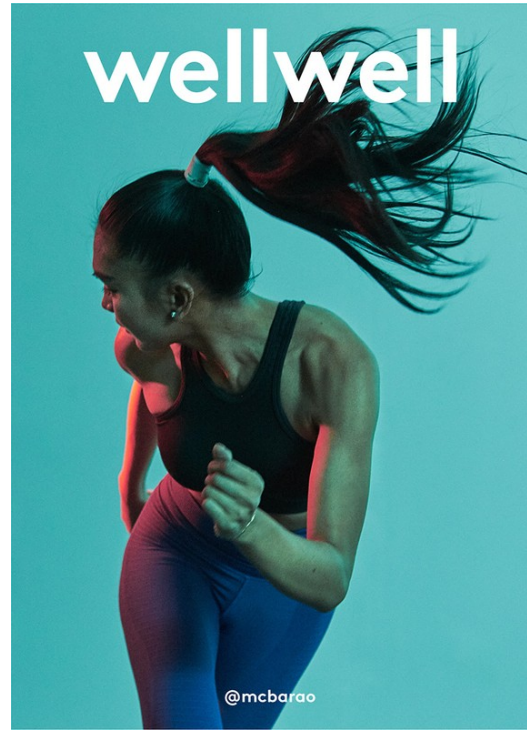


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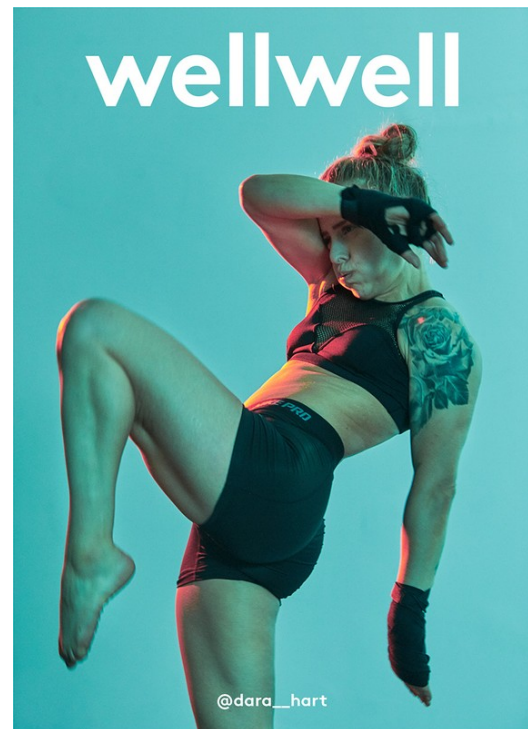
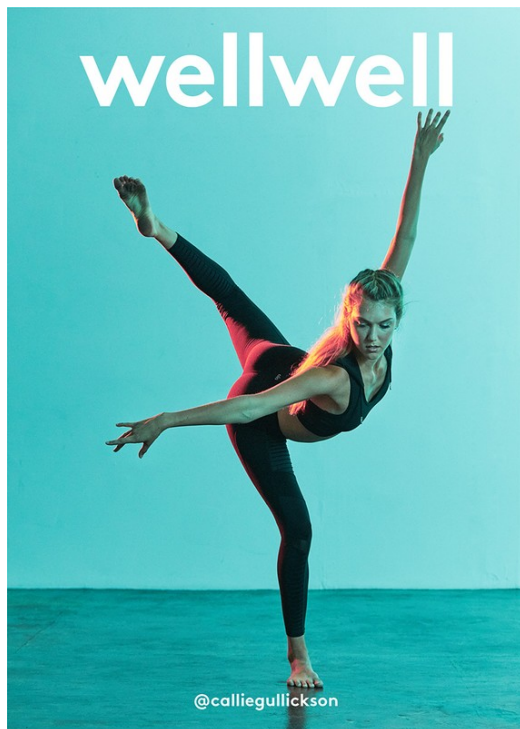
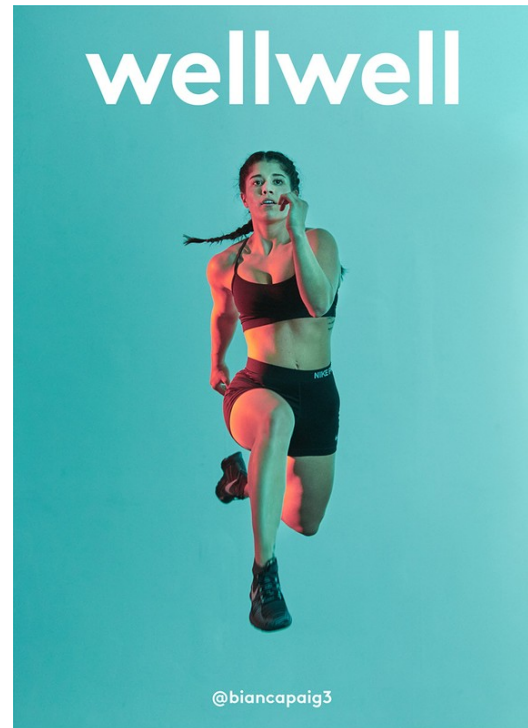
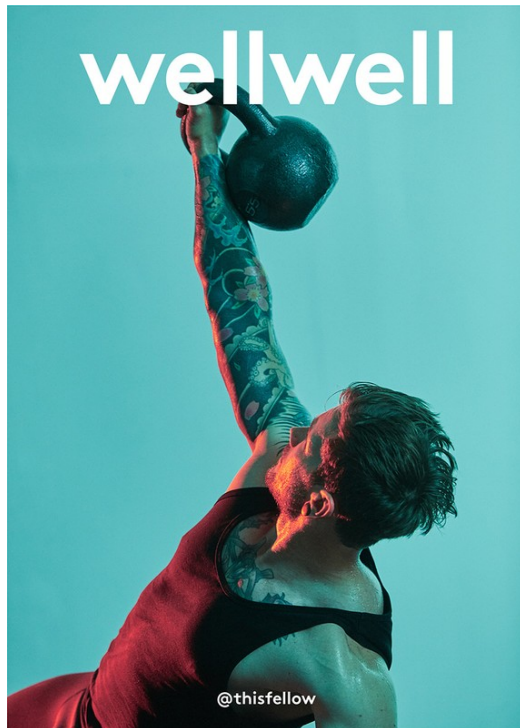
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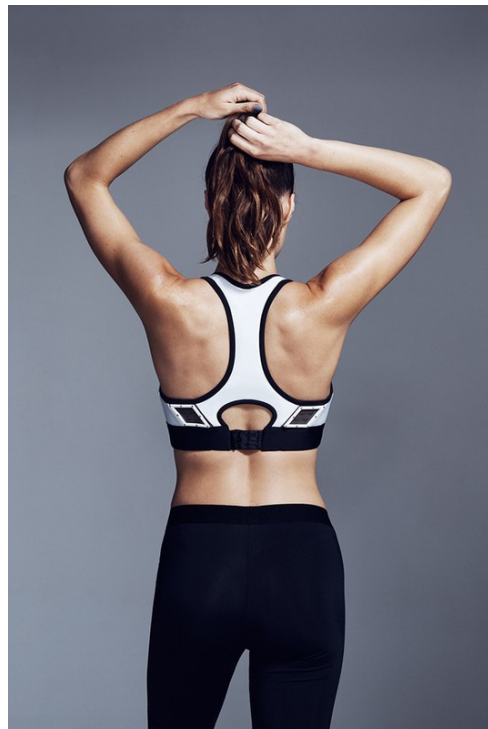
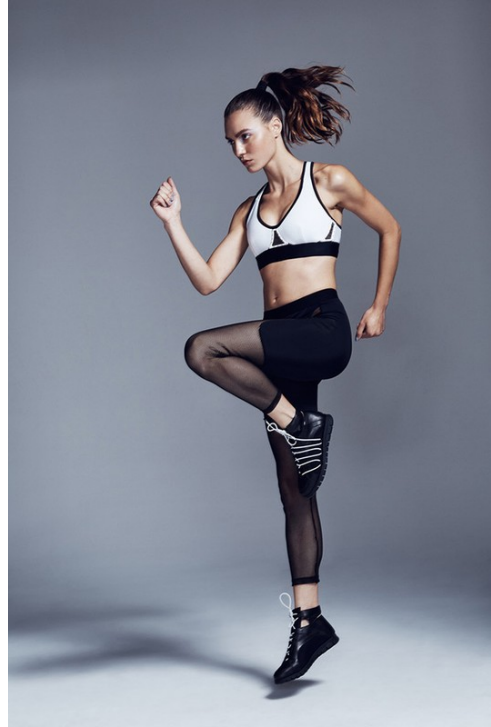
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