

SuperSlow an Intense Workout for Women

By Mary Anne Swanstrom, The Huntsville Times

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Weight training takes only 40 minutes a week to push muscles to the limit.

Some women dread the thought of joining to a gym - working out in public is just so ... exposing. And it takes so much time out of an already jam-packed week. But if results-oriented exercise in a private setting for just 40 minutes a week sounds like a late-night infomercial, you need to meet Ethan.

Ethan Willey of Ideal Exercise is introducing women to SuperSlow, a high intensity, low impact workout that requires only 20 minutes twice a week. It's working for Kim Mims, a retired nurse and active tennis player and biker, who also appreciates the stress-relieving properties of the private workout.

"It's a great way to do what I need to do as I feel stronger, more positive about myself as the workouts push my muscles to the limit," said Mims, 54. "With Ethan, you get it done, in private for 20 minutes."

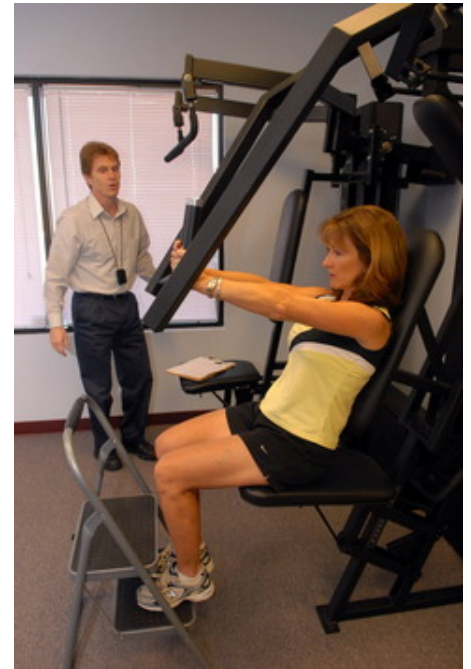
A native of Huntsville, Willey opened his workout facility five years ago after a 20-year career as a mechanical designer.

He said his experience in design as well as being an exercise and health enthusiast for more than 30 years prompted his notion of applying the science of physics to the science of physiology. SuperSlow is a safe form of weight training performed under the watchful eyes of a certified instructor. Willey's clientele range from 18 to 70, and more than half are women.

"SuperSlow utilizes weight training, which many women avoid," said Willey, 45. However, weight training helps those areas of utmost concern to women: the hips, thighs and arms. Weight training has also been shown to increase bone density and ward off osteoporosis.

SuperSlow involves six weight machines: three lower body and three upper body. Doing the training slowly and controlled uses less force than usual and requires less wear on the body's joints and ligaments. Willey stresses women do not need to be scared of weight strength training.

"It is very exhausting, as the workout takes the muscles to the point of fatigue," Willey said. "But you don't have to be a jock to handle it."



Bryan Bacon

Ethan Willey, superslow fitness instructor, spots client Kim Mims during her workout routine.