

Super slow workout builds muscle without the sweat

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Exercise can be tough to squeeze in when your schedule fills up. If you're working a lot of hours, it's hard to pencil in a trip to the gym or another kind of workout -- especially if you have to shower and get cleaned up to run off to another meeting.



But what if you could work out in your office for 20 minutes -- with no sweating -- and still get muscle-building results? Proponents of the [Super Slow method of weight lifting](#) say that you can do just that. Super Slow workouts work each muscle just one time -- lifting and lowering for 10 long seconds until the muscle fatigues. Supposedly, the slowness of the lift minimizes stress on the joints and eliminates swing or momentum. Not only that, it can build strength just as fast as a traditional workout. The best part is that because the movements are so slow, most people don't even break a sweat. So you can do the workout right in your office during your lunch hour and still be fresh for that important afternoon meeting.

Franchises like [Super Slow Zone](#) have popped up around the country, but you can try this method all on your own. Get out a stopwatch or a clock with a second hand to help you judge exactly how long 10 seconds lasts. Now start your regular lifting routine and make sure each lift and lower lasts a full 10 seconds. Haven't lifted weights before? That's OK! This easily adaptable technique can be done by anyone -- even if you've never worked out before (but remember to check with your doctor if you're new to exercise). Grab some soup cans and give the technique a try; if you like it, you can upgrade to weights tomorrow!

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