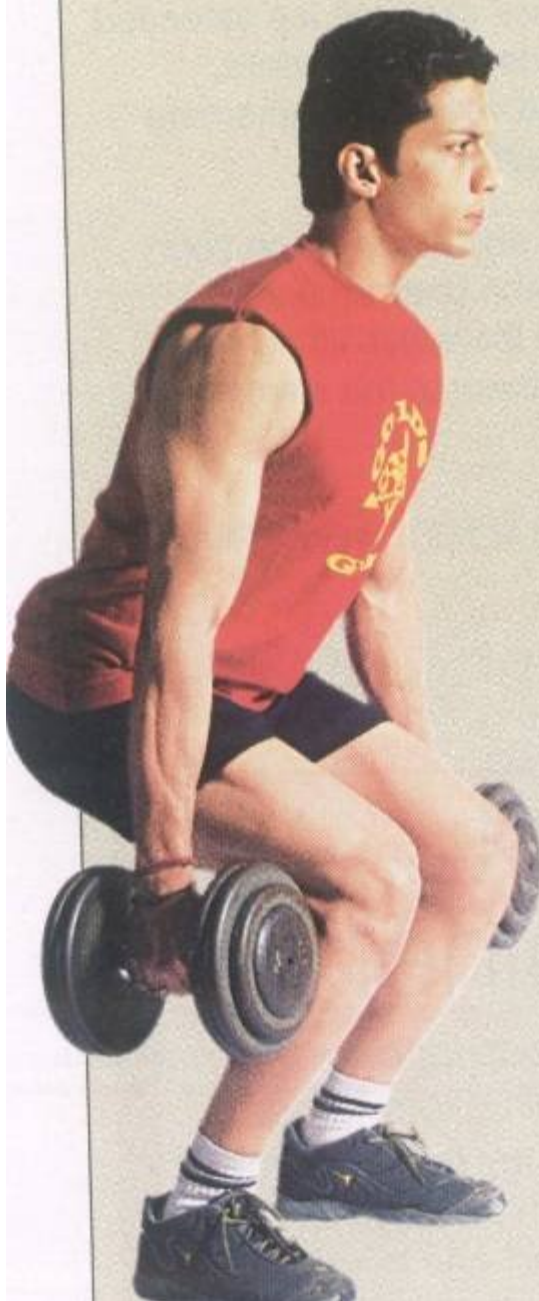
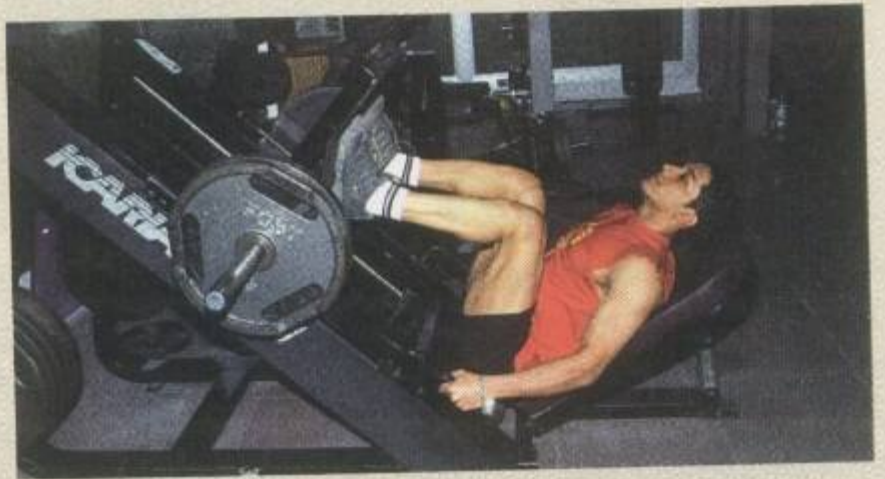
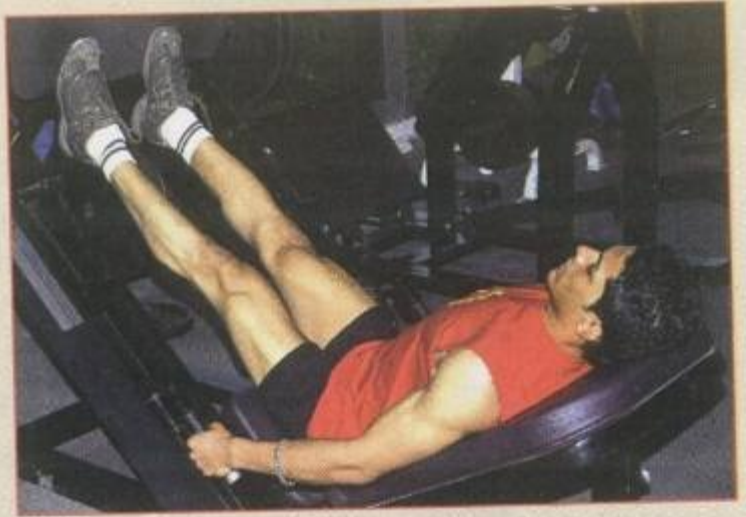


Workout Smarts

» **MAN VS MACHINE** A leg extension can help make your legs bigger, but it pales in comparison with dumbbell front squat, which works more of the legs and the upper body as well, in addition to burning more



calories. If time is a consideration for you (and it is for the majority of us), perform an exercise that trains more of the body in one shot, eliminating the need to do several other moves.

Another consideration is how applicable an exercise is to your real-life needs. When do you use only one joint (in this case, the knee) to exert force? Most machines don't produce functional results. Their popularity, unfortunately, comes as a result of their ease of use, and machines simply aren't intimidating in the way that free weights can be. Reason: A machine exercise puts a person in a fixed plane of movement that does not require much feedback from the body. All you have to do is push or pull and not much else. Free weights and body-weight exercises force your body to make constant adjustments, and they help simulate real-life movement.