

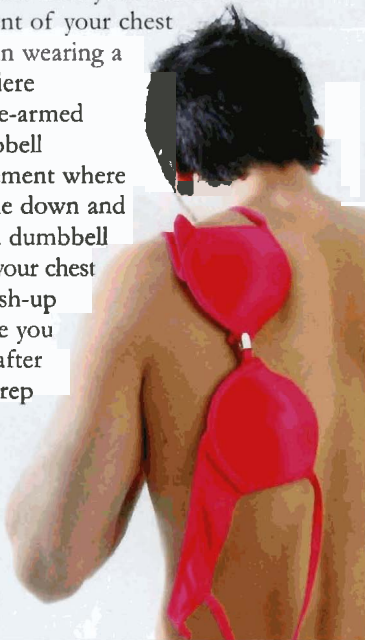
WHAT'S YOUR GYM IQ?

A membership doesn't make you gym smart. There is a world outside the conventional bench press. Let's see how savvy you really are. **BY ERIC BUTTERMAN**

Questions

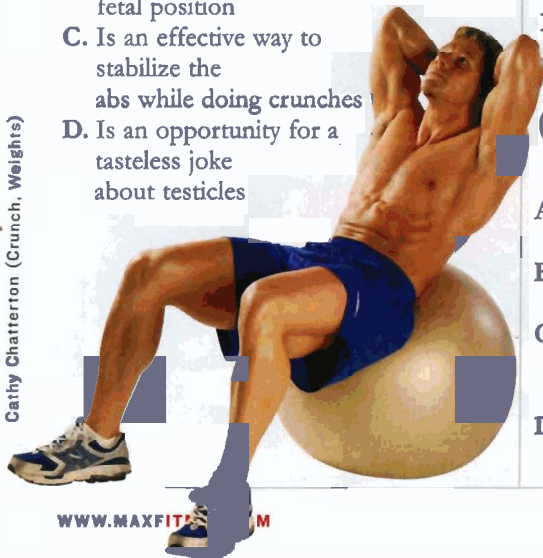
1 A chest crossover involves:

- A. Two weighted pulleys pulled together until your hands cross in front of your chest
- B. A man wearing a brassiere
- C. A one-armed dumbbell movement where you lie down and pull a dumbbell over your chest
- D. A push-up where you clap after each rep



2 An exercise ball:

- A. Requires that your date be a delightful debutante
- B. Is used to push out of the balled-up fetal position
- C. Is an effective way to stabilize the abs while doing crunches
- D. Is an opportunity for a tasteless joke about testicles



Cathy Chatterton (Crunch, Weights)

3 The abductor machine:

- A. Is a polygraph machine for kidnappers
- B. Works the lower abs while secondarily hitting the upper abs with a crunching motion
- C. Improves the muscles of the hip abductors by widening your legs against resistance
- D. Was the machine they used in *A Clockwork Orange* so that Malcolm McDowell's tear ducts wouldn't force him to blink



4 A T-bar:

- A. Has a gooey chocolate center and a hard shell
- B. Is another word for the lat bar because your body forms a T at the lowest part of a lat pull
- C. Is a row where you lean at a 45-degree angle to work the thickness of the lats
- D. Takes many lawyers several times to pass

5 A Smith machine (you knew we'd get to this one):

- A. Allows you to spot yourself without a partner
- B. Made blacksmiths' lives easier in colonial times
- C. Is an effective biking machine because you move your arms as well as your legs
- D. Adds rubber band resistance in lieu of free weights

Answers

1. A. The cable crossover is a helpful movement, whether you just pound your fists together or are able to cross your hands over each other. "Squeeze the pecs after you cross to bring out striations, then slowly bring the weights back to feel the negative," says British Nationals bodybuilding champion Jamo Nezzar.

2. C. Don't get frustrated if you fall off the ball at first. Achieving proper balance on this will add extra strength to your abs—and not just in the amount of crunches you can do, says Seattle-based physical therapist Erik Moen.

3. C. Stretch your legs beforehand because it's easy to pull a muscle in your hip. The more flexibility you can achieve over time, the more musculature you'll develop from this movement.

4. B. "Your shoulder blades should be pulled together for maximum lat contraction," advises three-time Mr. Olympia runner-up, Rich Gaspari.

5. A. The linear rack helps imperfections in your form, and you can also limit range of motion and increase safety, according to Schwarzenegger Classic champion, Mike Francois.