

HOW TO STAY IN THE GAME PAST 40

# SLY

JULY/AUGUST 2005

## WHAT WOMEN REALLY WANT!

**PLUS: HOW IT ALL ENDS**  
**ROCKY VI**



EXCLUSIVE INTERVIEW

**HULK HOGAN FINDS HIS INNER BEAST**

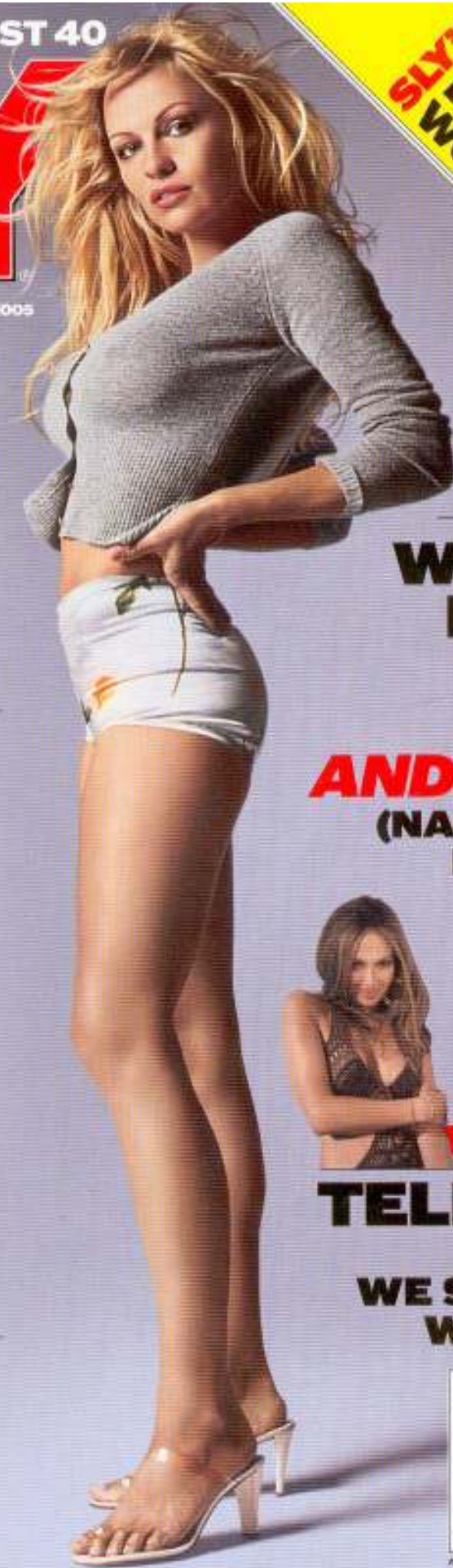
# +863

**LIVE BETTER THAN EVER TIPS INSIDE**

**HEALTH SPECIAL**

# 10

**WAYS TO BUILD A HEALTHIER HEART**



**SLY'S ULTIMATE BOXING WORKOUT**  
INSIDE

EXTRA!  
**PHIL MICKELSON**  
**BILL O'REILLY**  
**SHAQUILLE O'NEAL**  
OFF THE HOOK

**WHY WE DROOP OVER**

**PAM ANDERSON**  
(NAPKINS NOT INCLUDED)

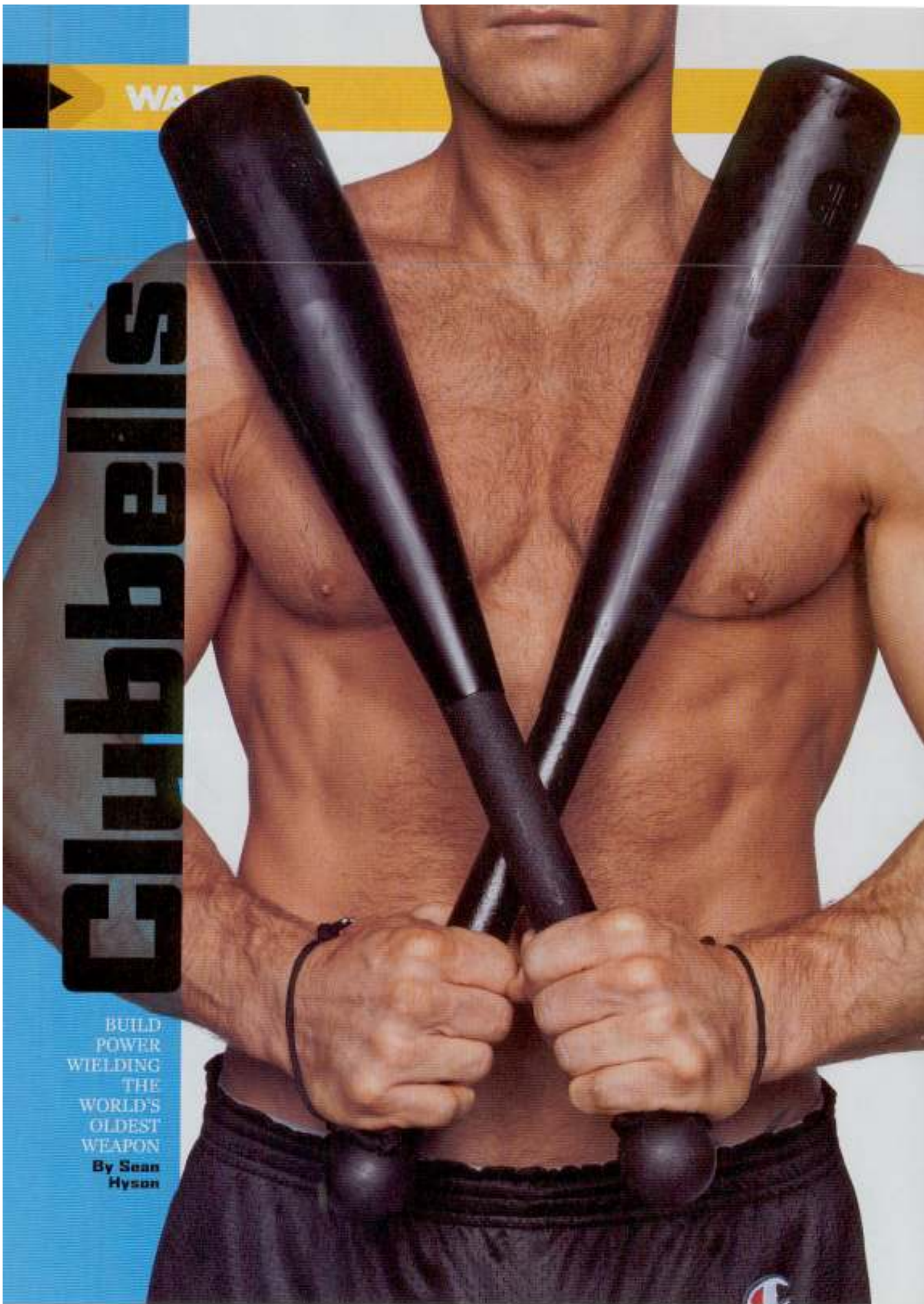


**J.L.C. TELLS ALL**  
(YEAS WE SAT DOWN WITH HER)

USA \$3.99/CANADA \$4.95  
DISPLAY UNTIL SEPT. 5, 2005



ANDERSON PHOTO BY MR. PHOTOGRAPHY



WARRIOR

# S

BUILD  
POWER  
WIELDING  
THE  
WORLD'S  
OLDEST  
WEAPON  
By Sean  
Hyson

O

ne look at these iron bludgeons and you know they can do some serious damage. But this modern version of the centuries-old club used by soldiers in India can help you hoist heavier barbells, burn more fat, and burst with power while playing sports. » The clubbell is best for developing “circular strength,” what Scott Sonnon, an Atlanta-area sports coach and the world’s No. 1 clubbell advocate, defines as strength throughout a joint’s entire range of motion—unlike the one-dimensional strength that results from, say, bench pressing—providing better conditioning for your muscles.

## THE MOULINET

TRY THIS CLUBBELL ROUTINE FOR A SWINGING WORKOUT

**1.** Grasp the clubbells at the bottom of the handle and secure them to your wrists with the lanyard strap. Bend forward, keeping your back arched, knees slightly bent, and eyes forward. Rotate your wrists and forearms so you start a swing. Keep the bells in line with your forearms, swinging them back and forth by bending and straightening your hips and knees [1].

**2.** After a few warmup swings, swing the clubbells forward and stand up, knees slightly bent, elbows at 90°, and your forearms locked against your sides. Your wrists should brace, leaving you balancing the bells straight in the air [2]. Hold one second, then lower your arms and resume the swing [3].

**3.** Swing the clubbells beside your ears and overhead, resisting the motion as they fall behind your shoulders so they nearly stop—don’t let them rest against your back [3]. Finally, cast the bells back over your head and downward, and transition smoothly back into your regular swinging motion [4].

Besides building muscle, clubbells also strengthen the user’s grip. Start with a set of two 5-lb clubs. Since the club is much longer than any dumbbell you’ve tried, overcoming your lack of leverage will fire up forearm and hand muscles.

