



Gym Rat Rantings

by Bob Ring

Muscle Up for Fitness

I've been working on my muscle development for a year and a half now. Of course how great can 66-year old muscles get? Between Lynne O. and Jonni, I've learned all about the most important muscles, the CORE group (from **CO**uch **RE**st). I've also learned that men and women are not created equal in the muscle department.

The most critical CORE muscles are of course the Gluteus maximus duo, commonly called the "butt"-oids. These muscles provide broad support to meet our fitness objectives. (That's where "maximus" comes in.) We work on this a lot in my Building Bones class. If I've heard, "Tighten those Glutes!" once, I've heard it a million times.

Another important set of muscles are the transverse abdominus muscles that surround the stomach and lower frontal body area. Recent research has solved one of the great mysteries of medical science to confirm that these muscles are hollow, and over the years, fill up with a soft substance called lardizene, lard for short. In women, the transverse abdominus muscles gradually extend right and left to overpower their hip abductor muscles and come into full bloom as "hip"-oids. On the other hand, men's abdominus muscles remain in place, but expand and sag, as "beer"-oids.

We spend a lot of effort in class exercising the triceps muscles, popularly known as "tri-flaps," located on the back of the upper arm. Apparently these muscles are usually more developed in women than men. There is an ongoing study at General Mills that is attempting to find a link, body plumbing or otherwise, between a woman's "hip"-oids and "tri-flaps." This is the famous "missing link" that has baffled human researchers for centuries.

An often overlooked (exercise wise) set of muscles are the "stare"-oids, located in the chest area near the pectorals. ("Stare"-oids should not be confused with "steroids," an entirely different muscle group.) The two "stare"-oid muscles are also much more developed in women than in men. I assume that the name comes from popular usage. The women in my class tell me, "Men, those boobs, are always staring at them." Males have an equivalent of the female "stare"-oids, located much lower on the body ... Oh, forget it!