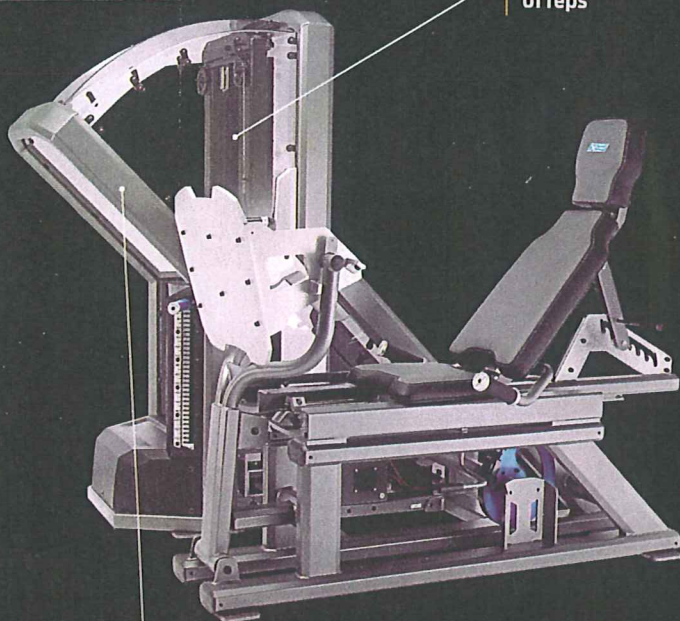


# TRAINING TOOLS

## The Positives of Negatives

Because you're stronger during the eccentric portion of a rep than the concentric portion, enterprising equipment manufacturers have devised devices for making it more difficult to lower a weight than raise it. In the August 2007 Gym Bag, we featured **MaxOut** machines ([maxoutstudio.com](http://maxoutstudio.com)), which remove 30% of the resistance from the positive portion of reps via a computer and counter-weight stack.

**X-FORCE**  
leg press machine



Weight stack is upright for negative halves of reps

Weight stack tilts 45 degrees for positive halves of reps

A new Swedish company, **X-Force**, has devised a different method of attaining a similar result. The weight stacks of their line of 14 heavy-duty machines tilt 45 degrees on the positive half of reps, thus removing 40% of the stress. As soon as the weight begins its descent, the stack moves to an upright position, so you have to resist all the stress on the way down. The stack tilts back at rep bottoms and upright at rep tops throughout a set, making the eccentric halves of reps 40% harder than the concentric halves. In other words, if you lift 100 pounds, you lower 140. X-Force was one of four nominees for the Innovation Award in the training equipment category at this year's FIBO. For more information visit [x-force.se](http://x-force.se).

— Greg Merritt

**X-FORCE**  
pec seated press



## TECH WATCH KNOCK-OUT CARDIO



If you like to pound out some of your cardio by throwing punches at a sparring partner or a heavy bag, check out the new **Gold's Gym Cardio Workout** (\$29.99) for

Nintendo Wii. It's primarily a fat-burning boxing game (focused largely on arm and shoulder movement) with optional detours to such mini-workouts as running, jump roping and log cutting, some of which utilize the Wii Balance Board. The pugilistic interaction is not flawless (you may need to telegraph some jabs and hooks), but it's an entertaining way of working up a sweat and a welcome reprise from the tedium of StepMills and treadmills. Boxing is also featured in the hugely popular **Wii Fit** (\$89.99) and the new **EA Sports Active** (\$59.99), also for Wii; but, when it comes to building a burn, both feel like undercard matches compared to the main event of the more affordable Gold's game. We look forward to future advances in the rapidly changing "exertainment" field, but for now, the **Gold's Gym Cardio Workout** is the gold standard for serious aerobic gaming.

— Greg Merritt

PHOTOS: (TOP AND LEFT) PHOTOS COURTESY OF X-FORCE; (RIGHT MIDDLE) COURTESY OF GOLD'S GYM INTERNATIONAL, INC.