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High-Definition DELTS

Get the sexy shoulders you want with fitness star Julie Marsland's workout secrets.

BY PEGGY HALL | PHOTOGRAPHY PAUL BUCETA

Fitness model Julie Marsland is flying high these days. The Montreal, Canada native nabbed a flurry of first- and second-place finishes when she debuted her stellar physique in several back-to-back competitions over the past year and a half. A former dance instructor, she currently teaches group fitness classes when she's not jetting off to some corner of the globe as a flight attendant. "I was a dancer for 17 years and gradually stopped dancing when I started

Changing your base of support is always a good way to add variety to your standard exercises."

Julie usually performs four sets for each exercise, lifting weights that will bring her to failure at about 10 reps. She finds that working within the 10- to 12-rep range results in the most hypertrophy, or muscle size. Unlike other competitors – many of whom switch to higher reps and lighter weights leading up to a contest – Julie chooses to decrease her rest time and add supersets and

WHEN IT COMES TO SHOULDERS, JULIE LIKES TO HIT THEM AT LEAST TWICE A WEEK, TOSSING A STABILITY BALL AND RESISTANCE BAND INTO THE MIX FOR VARIETY.

working full-time," she explains. "Having a very irregular schedule and in need of some sort of activity, I joined the gym and got hooked!" In short order, she completed her certification in group fitness and personal training and prepared for takeoff in her fitness career. "I'll be entering my third season this year," she says. "Competing keeps me focused and allows me to return to my roots: centre stage!"

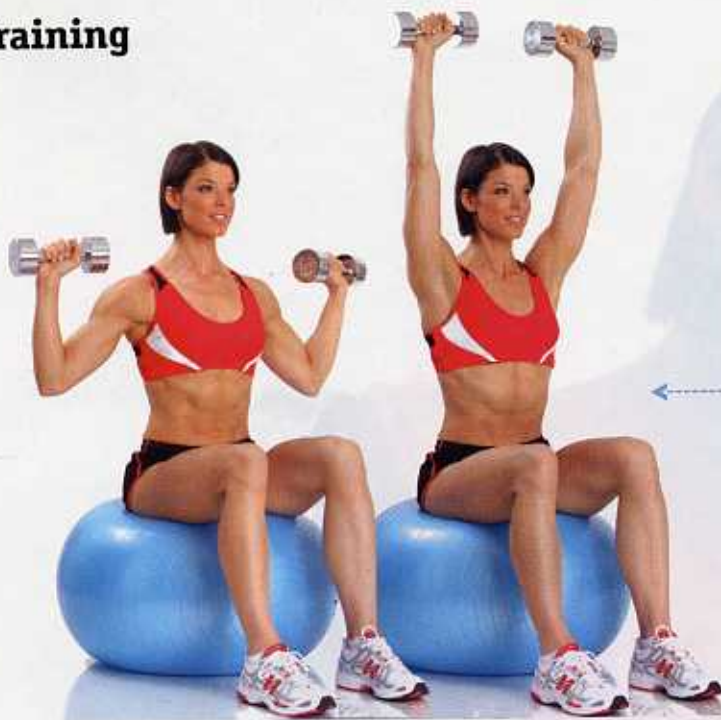
Julie's enthusiasm for fitness is hard to miss: She puts in more than an hour of strength training up to six days a week, finding time to train even while traveling. When it comes to shoulders, Julie likes to hit them at least twice a week, tossing a stability ball and resistance band into the mix for variety. "I think everyone should use a stability ball," she says. "In addition to working targeted muscle groups, you're strengthening your stabilizing core muscles while improving your balance and coordination.

giant sets to keep her heart rate high and burn a few extra calories. "I'm five foot 10, so I don't have to worry too much about bulking up," she explains. "It's much easier to lose the bulk than it is to put it on, so tell the ladies not to be afraid to lift heavy!"

She would also like to "tell the ladies" to focus on proper form and execution. "All too often, I see people using too much weight, which forces them to use other muscle groups and take the workload off the target area," she says. "When you're doing shoulders, it's easy to compensate by using your traps, so be sure to isolate your movements."

Any other words of wisdom from the friendly skies? "Set yourself a specific, tangible goal and go for it! The outcome will be worth all the effort – I promise!" In Julie's case, it certainly does seem like the sky's the limit!

HAIR & MAKE-UP: LORI FABRIZIO



shoulder press on a stability ball

Sit up tall on a stability ball, keeping both feet on the floor. Start by holding a pair of dumbbells at shoulder height with your palms facing forward. Contract your abs to support your spine. On the exhale, press the weights overhead. Inhale as you lower with control and do 10 to 12 reps.

Performing shoulder presses on a stability ball works your core stabilizing muscles, as well as your anterior and medial delts.

lateral raise on a stability ball

With a dumbbell in each hand, sit on a stability ball and raise one foot a few inches off the ground. Contract your abs to support your core and help you balance. On the exhale, raise the weights to shoulder height while keeping your arms straight. Inhale as you return to the starting position and do 10 to 12 reps. Keep your foot raised the entire time and switch feet on your next set.

This variation on the lateral raise trains your transverse abdominis and spinal erectors, as well as your medial delts.



bent-over flye on a stability ball

With a dumbbell in each hand, sit on a stability ball and place your feet about hip width apart on the floor. Hinge forward at the hips, keeping your spine straight, your chest slightly lifted and your neck in line with your spine. On the exhale, raise the weights to shoulder height while keeping your arms straight. Inhale and lower with control. **Keep your abs drawn in for an isometric contraction to support your back and engage your core.**





seated shoulder press

Sit with your hips and shoulders against a raised bench and keep your feet flat on the floor. Hold a pair of dumbbells with the weight at shoulder height and your palms facing forward. On the exhale, extend your arms and press the weights overhead. Inhale as you lower with control. Choose a weight that will start to fatigue your shoulders at about 10 to 12 reps.

This move works your anterior and medial deltoids.



bent-over rear flye

Holding a dumbbell in each hand, sit near the end of the bench with your feet about hip width apart. Hinge forward at the hips, keeping your back straight, your chest slightly lifted and your head and neck in line with your spine. Maintain this position throughout the exercise. Inhale to prepare and, as you exhale, raise the weights to shoulder height. Lower with control and do 10 to 12 reps.

Avoid swinging the weights and focus instead on contracting your posterior delts to execute the move.

Julie's Weekly Workout

Julie follows a three-day split, training for about an hour and 15 minutes four to six times a week. To keep things fresh, she changes her program roughly every four weeks. Here's what she is doing this month.

Eight minutes of cardio, followed by shoulders and abs

1

2

Eight minutes of cardio, followed by legs

Eight minutes of cardio, followed by chest, back, biceps and triceps

3

4

Day of rest

Envy Alert!

Julie does only eight minutes of cardio every day as a warm-up for her strength training. "I don't want to lose any hard-earned muscle by doing too much cardio," she says. For us mere mortals, however, 30 minutes of moderate-intensity cardio five days a week will help burn fat and build cardiovascular strength without risking lean muscle loss.



Hint: Change the level of resistance by moving your feet closer together (easier) or wider apart (difficult).

lateral raise with a resistance band

Stand on a resistance band with your feet wide apart. Loop the long end of the band over the top of your right foot and take the handle in your left hand. Keep your back straight, your head up and your abs engaged. On the exhale, raise your hand to shoulder height, keeping your arm relatively straight. Work the negative portion of the exercise by resisting as you lower your arm. Do 10 to 12 reps before switching sides.

incline lateral raise

Set the bench at a 45-degree incline. Holding a dumbbell in your left hand, kneel on the seat and lean your right side against the bench. On the exhale, lift the weight to shoulder height to keep the focus on the medial deltoid. Lower with control. Do 10 to 12 reps and switch sides.



This is a great variation on the lateral raise because it requires extra effort to move against gravity.