

# Panaerobics

## Fitness Expert Believes in Combined Exercise

The New York Times

While he and his wife were strolling in Manhattan one hot summer evening a few years ago, Leonard Schwartz, the Pittsburgh psychiatrist who invented Heavyhands, spied a runner with the hand weights.

But instead of pumping the weights up and down as he ran, the young man was merely carrying them.

"I ran after him for four blocks, yelling in the 90-degree heat," Schwartz, now 63, recalled.

"I walked with him three or four blocks trying to explain about pumping them. And when he went off, he was doing it right."

This story comes pouring out in his stream-of-consciousness way, and it neatly illustrates the intensity of the obsession that has come to drive Schwartz's life: combined exercise. The concept is simple.

Use as many muscle groups as possible during a workout to achieve maximum oxygen consumption by the muscle cells.

The trendy little weights cushioned with red foam rubber used to accomplish this are incidental.

Schwartz does not disagree that you could be grasping two jars of mayonnaise. Or two bags of bird shot. Or two stones.

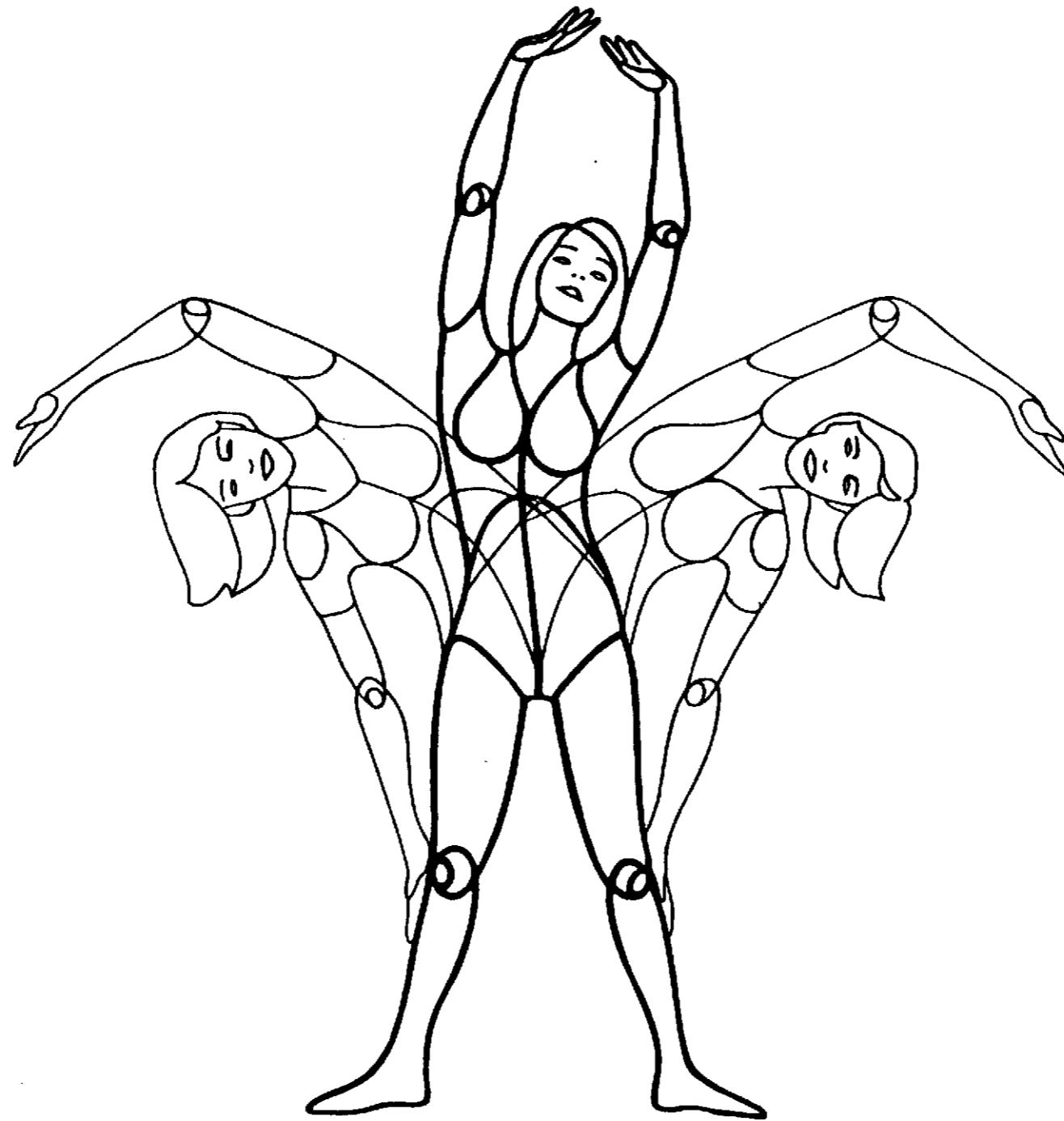
**IT IS THE** weight and the movement of the arms in concert with the rest of the body that is everything.

Schwartz is so certain of the purity of his vision that he believes he could alter forever the world of fitness if those who are blind and deaf to his idea would but open their eyes and listen.

To this end, he has closed his psychoanalytic practice in Pittsburgh and devotes himself full time to exercise physiology.

Using the fortune he has amassed from Heavyhands and sales of his two books about their use, he has equipped a physiology laboratory at the University of Pittsburgh, where he holds the title of adjunct professor of physical education and health.

In the laboratory he has installed Tom Auble, a former engineer who became a Heavyhands convert, switched over to exercise physiology and is completing work on a doctor-



ate at the university.

Auble's master's thesis completed two years ago was titled: "Cardiorespiratory Adaptations to Heavyhands Exercise Training."

Subsequent papers and research projects by Auble on exercise with hand weights have substantiated Schwartz's beliefs about combined exercise.

There has been a lack of recognition, a downright skepticism, from the exercise physiology establishment about the use of hand weights and combined exercise.

"We have had a deuce of a time getting the academic community to pay attention to our research, even after it's been properly refereed and published," Schwartz wrote in a

recent letter to an interested party.

"The typical paper on the subject would suggest a grudging 7-10 percent increase in workload when hand weights are added."

But some of Auble's latest research using fit experimental subjects has found an astonishing increase of 500 percent in workload when the workout involved hand weights according to the Schwartz method.

The key is pumping the weights. The more the arms move them and, particularly, the higher they are rhythmically lifted, the greater the workout.

If Auble's findings are accurate, it would mean that for the same amount of time spent in a typical workout involving running or a similar activ-

ity, vastly greater aerobic benefit could be had from a Schwartz workout.

Schwartz is committed to spreading the word.

He has coined the term "panaerobic" to describe aerobic workouts the which all the body's muscles are systematically called upon.

He created a video, "Heavyhands Panaerobics Basics," starring himself, Auble and another colleague, Judy Shasek.

He has formed the Leonard and Millie Schwartz Foundation (Millie is his wife of 42 years) to fund research into combined exercise.

**"OUR MISSION** is to seek out brilliant young minds in the area of exercise physiology," Schwartz said. "If I have the dough and they have the brains, I will support their research."

Presumably, research intended to illustrate further the benefits of combined exercise will meet the warmest reception.

Schwartz is the first to admit such activity might sound like just another fitness mania entrepreneur cashing in while his products are still hot.

He does not reveal how much he has made from Heavyhands and the books. But more than 2 million of the weights have been sold for about \$20 a set, and he owns the patent.

His first book sold about 400,000 copies in hardback and paperback.

"One of my problems is that I am seen as Moneybags Schwartz," he said. "People cannot believe I could be interested in more than that. I've had my taste at being rich and it doesn't feel any better than being poor."

"Exercise should involve all of our musculature," Schwartz continued.

"Take a lot of muscle fibers and get them working a little bit. The total amount of work is much higher. The lexicons of exercise will be rewritten someday to make that point."

Schwartz began running and then using hand weights in his early 50s because of the fear of death and a narcissistic desire to improve his body.

### Not Just for Women Anymore

## Aerobics: A Sport Struggling for Recognition

The New York Times

Anthony DeMaio wanted an athletic challenge. Gil Janklowicz needed an injury after an injury ended his Olympic dream.

DeMaio, a former modern dancer, and Janklowicz, a former Israeli decathlon champion, discovered an extension of their performing careers. They are aerobics instructors.

"Men don't look at aerobics as just for women anymore," DeMaio said. "Most people thought it would be a trend that would fade out. But its growth in the last five years has been unbelievable."

Besides serving as role models, DeMaio and Janklowicz consider themselves promoters of a sport struggling for national recognition.

DeMaio and Janklowicz spread the word at the Newport Center in Jersey City, N.J., the site of the Northeast regional of the Crystal Light National Aerobic Championship.

DeMaio, an instructor in Pleasantville, N.J., competed and Janklowicz, the founder of a

nationally televised fitness program, hosted the recent event.

"More and more, aerobics is being looked at as a sport," Janklowicz said. "It's a combination of gymnastics and body building, and more men are becoming attracted to it."

As a physical fitness officer in the Israeli army, Janklowicz became a premier decathlete with aspirations of making the 1980 Olympic team.

But his dream was shattered when he suffered a serious Achilles' tendon injury while training in California. Janklowicz got a job as an instructor at the Beverly Hills Health Club and later became the host of "Bodies in Motion" on ESPN.

Today, Janklowicz's goal is simple: help bring aerobics to the level achieved by body building competitions years ago.

"If handled correctly, aerobics can get to that level," Janklowicz said. "Before Arnold Schwarzenegger, body building was not known. I think aerobics needs a colorful person like

Schwarzenegger to win the national championship."

DeMaio hopes to be that person. He took up aerobics five years ago for the "physical challenge." Now the sport has provided him with a competitive challenge, too.

Through his instructor's job at the Tilton Athletic Club in Pleasantville, DeMaio learned about the Northeast regional competition. Last year, he did not fare well in the individual category — the event offers competition in male, female, mixed pair and team divisions — but placed second in the mixed and team divisions.

DeMaio, one of 2,500 competitors nation-wide, will be judged on three-minute routines that include jumping jacks, leg kicks, push-ups, sit-ups, and strength and flexibility movements. The winners in each category will advance to the nationals in December.

"You're also judged on appearance, costume and music," DeMaio said. "It's a give-all sport. That's why once it grabs you, it doesn't let go."