

# Flex in the City

**It's more than just the gun show.**

By Ken Hunt

So, who doesn't like to see a great big flexed bicep or a back rippling with muscles? Flexing can do a lot of things: It can intimidate or attract, and while some might think it's just vain, the truth is that isometric flexing can make a major difference in your rate of muscle growth. When you do it with proper technique and in the right combination with progressive-resistance training, you can flex your way to a better physique.

It's important to do a full-body flex as often as possible. Many people focus on the "bar muscles," like the chest and arms. The point here is that a whole-body flex will result in muscle gains, balanced throughout the body.

Everyone knows you can flex in front of a mirror. But you can achieve great results while lying in bed. You may have heard of a form of meditation that produces a relaxed state by alternately flexing and stretching the individual muscles. This system not only produces muscle gain, but also promotes good sleep. Approach flexing with a positive frame of mind. Don't short-circuit your potential for muscle growth with negative thoughts. The reason for flexing is not arrogance or vanity, but good solid muscular development. By flexing regularly and acknowledging your hard-earned gains, you'll build confidence in your muscle-making abilities, which will lead to greater growth.

Flexing is just another part of your balanced training program. Always find room for it at least once per exercise cycle. You can do it on your day off from the gym, or if you feel that you're overtraining, try taking the day off from your normal routine and do some flexing instead. You'll find that your muscles will respond to the attention. And who doesn't like a little more attention?

Ken Hunt is an AFI Certified Trainer and the owner of Steel Gym.

Steel Gym has been named one of the top 5 gyms in the USA. By ***Muscle and Fitness Magazine*** and has earned the ranking as the Number 1 gym in New York City by the American Fitness Institute for "cost, cleanliness, equipment and service." Famed bodybuilder Victor Martinez, has called Steel Gym the "last real gym left in New York City."

Ken Hunt has been featured in the New York Times, Muscle and Fitness Magazine, Men's Fitness, Time Out NY, GENRE, HX, Stonewall News, Diversity Rules, Ethan Says, EXIT South Africa and on Sirius OUTQ Radio and Feast of Fools.

The gym is located at 146 W. 23rd St, New York, NY. For more information on Steel Gym, please call 212.352.9876.

