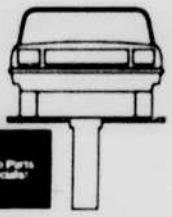


Alpine Import Service

The VOLVO Specialists

SPRING ANALYSIS



- Oil change, genuine VOLVO filter & 4 quarts oil
- Complete maintenance check of major components
- Inspection of brakes, exhaust, suspension, u-joints, battery, charging & starting systems, cooling & heating systems, cool start systems, belts, hoses, tires, wiper blades & all fluid levels

\$10.95

LOWEST PRICES IN TOWN ON ALL AVIA AEROBIC SHOES!

25% OFF

#477WPB #610WWUJ

Thru the month of April

Close-out bargains on clothing

- unitards • leotards • tights
- Leo-Tap Shoes 15% OFF

City Sweats

877 E. 13th Ave
(next to U of O Bookstore)
342-6375



10 TANS FOR \$15⁰⁰

(Wolff tanning, new bulbs)

NORMALLY 10 FOR \$30.00

Expires 4-22-91

CARE'N FOR HAIR
561 E. 13th AVE



**CARE'N
FOR
HAIR**

561 E. 13th AVE
EUGENE, OR
97401
(503) 485-4422
OPEN 7 DAYS

HAIRCUTS ONLY \$10

w/ coupon

INCLUDES SHAMPOO

Expires 4-22-91

CARE'N FOR HAIR
561 E. 13th AVE



Fitness technology stepping up

With all of the new fitness technology that is constantly surfacing, it becomes difficult to sort out which exercise or machine is right for each person, and which is really just a product of hype.

A machine that is steadily gaining popularity in local health clubs and weight rooms is the StairMaster. It simulates the act of climbing stairs, but also offers adjustable resistance for each person's fitness level.

But does the StairMaster actually work muscles that older types of fitness equipment did not? According to Dave Van Maren of Oregon West Fitness, this machine has an entirely different effect on the body than free weights or the Universal system.

"StairMaster is an aerobic activity," Van Maren said. "It uses fat as the main fuel source while strengthening the lower body."

"Compared to other aerobic technology, including stationary bicycles and cross country skiing, StairMaster is an excellent workout," he explained.

The Harry Jerome Weight Center in Esslinger recently acquired a StairMaster. According to Wendy Simmons of



Photo by Jeff Paslay
Oregon West members take advantage of StairMaster machines, which have become staples at local fitness clubs.

University Recreation and Intramurals, "The machine was added because of a demand for new technology as well as for the uniqueness of the features that it offers."

"The StairMaster gets used a lot, more by women than men," Simmons said. "Women tend to do more cardiovascular-oriented exercises, and men generally do building or anaerobic activities, though those trends are beginning to change."

Due to StairMaster's popularity, she said, "We really want to get another one, but

because of budget problems, it's not going to happen in the near future."

Soloflex equipment, on the other hand, is yet another fitness alternative. It is heavily advertised, and the campaign gives the viewer the impression that the machines can build a lot of muscle.

"The people in the advertisements look strong, and this could work for some people, but Soloflex equipment does not offer much resistance," Van Maren said. "It's mainly for people who haven't worked out very much and are looking primarily for a toning effect."

Free weights and Universal systems offer a wide variety of strengthening exercises. The Universal system is advantageous, especially for someone who is beginning, because the machines do not require spotters.

A person can move from one station to another, working various muscles without having to worry about maintaining complete control. "Free weights require a lot of movement control and strength as well as a spotter for the more difficult lifts," Van Maren said.

Dumbbells, resistance devices and other free weights are also being used to tone and build muscular endurance in cardiovascular workouts.

New fitness devices that are beginning to surface, or that will be seen in Eugene within the next year, include Versaclimbers and Orbitron.

The Versaclimber resembles the StairMaster, but has an added feature that allows arm resistance to simulate rock climbing. Also emerging are new treadmills that cushion leg impact, and fully recumbent bicycles that relieve stress on the lower back.

Another new device is the Orbitron, a circular machine that surrounds the person. It consists of four rings, and when the first is removed, the person can rotate end over end. When the second is removed, the rotation may go side to side as well. If the third ring is taken away, the person can rotate in any direction.

According to L.J. Hoselton of Northwest Fitness, "It (Orbitron) gives a person a full body workout because it utilizes all muscles, especially abdominals, to rotate the machine."

—Christine Baker

Tuesday, April 16, 1991

— STUDENT SPECIAL —

2 Month Membership
plus 10 tanning sessions

\$75

for

Special includes: Full use of facilities

- * stairmaster * weights * bikes * whirlpool *
- & 10 (20 min.) tanning sessions

189 W. 8th
Eugene
485-4475

pacific
FITNESS
CENTER

RED BARN GROCERY

GOOD FOOD
WHOLE FOOD
ORGANIC FOOD
NATURAL FOOD
LOCAL FOOD
BULK FOOD

open daily
4th & Blair in Eugene

Look for our coupon in Spring Duck Bucks

Spring Term
Student Special

\$69

NO Initiation Fees

- State of the art, CYBEX Weight Room Equipment and Free Weights
- Over 40 Aerobic Classes a Week, including Bench and Circuit Classes
- Close to Bike and Running tracks
- Personal Training
- Aerobic Equipment includes, Stairmasters, Bikes, Treadmills and Rowers
- Childcare

Southside Fitness
& Aerobics Club

Bring this coupon and
Your Student I.D. for:

ONE FREE WEEK PASS

2681 Willamette Street (On the corner of Willamette and 27th)
Eugene, Ore. 97405 Phone: 687-2200

ODE **Recycle This Paper** ODE

ODE

ODE