

# POPULAR SCIENCE

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## WHAT'S NEW | RECREATION

HOW IT  
WORKS

# PUMP IRON— AND WATER

This water-based home gym adjusts weights all by itself to give you a better workout



**STRENGTH TRAINING** has barely changed since the Governor was Mr. Universe. Whether you do bench presses or leg curls, you still lift a given amount of weight again and again. But with a new system from Afterburner® Fitness, you can switch weights in the middle of a set without letting go of the bar. The machine automatically decreases the load as you tire, letting you either start with a higher-than-usual heft (a technique recommended by some experts) or simply do more reps before you reach exhaustion.

Afterburner®'s trick is to replace a traditional stack of iron weights with a water tank that gradually empties, lightening the load. Let the machine's computer use a standard rate of decrease, or control the weight yourself using voice commands. Look for the system to go on sale in about a year, as an add-on to existing home gyms or as part of a stand-alone machine.

—THERESE IKNOJIAN

Lift the **load tank**, holding up to 180 pounds of water.

**Hoses** drain water to gradually reduce weight.

**Valve** controls how much water leaves load tank.

**Iron weights** can add dozens of extra pounds.

**Charge tank** stores reserve water.

**Pump** fills load tank to start next workout.

