



CYNTHIA NIXON

15-minute muscles

Busy *Sex and the City* mom Cynthia Nixon gets her weekly workout in two 15-minute sessions. "Cynthia began training with me about 10 months ago, after she'd had her second baby," said *Slow Burn* creator Fred Hahn. "She's since lost about 20 pounds."

The tough but short workout has the actress lifting heavy weights to the point of complete muscle exhaustion. Her total body routine takes her through 10 to 15 exercises, each lasting about a minute. The key? She lifts the weights in slow motion: 10 seconds to lift, 10 to lower. By slowing down the movement, the muscles have to work extra hard.

