

Going Slow

If you're as busy as Barbara Walters, then you should follow the workout that Barbara follows. The iconic newswoman spends about 20 minutes twice a week at New York's Inform Fitness (www.informfitness.com), where owner/trainer Adam Zickerman preaches the gospel of slow-motion strength training. Though recently popularized with books such as Zickerman's *Power of 10* and Fred Hahn's *The Slow Burn Fitness Revolution*, slow-motion resistance training has been around since the early '80s. The concept is simple: Instead of doing three sets of 12 reps, you do two or three super-slow reps over the course of two minutes. The key is to do the lifting at a snail's pace and not stop or pause—especially between reps—until your muscle literally fails. "It's quality over quantity," says Hahn, who works out the likes of *Sex And The City*'s Cynthia Nixon at New York's Serious Strength (www.seriousstrength.com).