

THE SPLURGE: SLOW-BURN STRENGTH TRAINING

What it is: Strength-training done in s-l-o-w motion—10 seconds to lift each weight, then another 10 seconds to lower it. Working so slowly is tough: You're unable to use any momentum to make it easier to lift the weights. Each exercise is performed until muscle "failure," which happens quickly: Slow Burn is so challenging, you can only do three to five repetitions of each exercise before moving on to the next.

The bride: Nina G., 29

The report: "Like so many brides-to-be, I wanted to tone up for my wedding. When I asked an increasingly buff-looking coworker what she'd been doing, she turned me on to Slow Burn at Serious Strength. Twice a week I did exercises like leg presses, lat pull-downs and bicep curls, all under the eye of a trainer. My body was actually shaking after the first session, and I had trouble getting down the subway stairs. Even after I became more accustomed to them, the workouts never became easy. We didn't neglect a single muscle, but as my wedding got closer, I concentrated more on my arms. It took about eight weeks of working out and eating carefully for me to see results: My pants got looser and then began to actually hang off my hips. After each session I felt tired, yet exhilarated. Even more exhilarating: My wedding dress had to be taken in—I had dropped from a size 8 to a 4."

For more info: Serious Strength, a NYC fitness studio, 212/579-9320. \$950 for 10 sessions—other packages available at a lower cost. For do-it-yourself info, see *The Slow Burn Fitness Revolution*, by Fredrick Hahn (Broadway Books, 2003) or visit seriousstrength.com.