

Lose 28 lbs or more with the easy new slow mo

Have a single hour to spare once every seven days? Then you have what you need to firm up your trouble spots, crank up your metabolism and lose 28 pounds for good! That's what working mom Kathleen Hays did: a reporter dropped 28 pounds using a new no-impact, no-hurry workout that takes just one hour a week. Read on to learn how you can get the same results.

At this time last year, CNBC financial whiz Kathleen Hays was struggling with her weight. With her job taking up most of the time she'd once spent preparing healthy meals and keeping active, the working mom had been steadily gaining a few pounds here, a few more there...

Soon, she found herself several sizes larger than the average TV reporter, and her confidence grew shaky. To make matters worse, she huffed and puffed to keep up with her economist husband, Robert Brusca, and 10-year-old daughter, Samantha. "Last year, we went on a family ski vacation. I just got exhausted so quickly," Kathleen sighs. "By the second day, I was on the sidelines."

Like most of us, Kathleen dreamed of getting in shape. But like most of us—90%, in fact, according to a new study—she couldn't manage complicated diets or long workouts. Up at 4:30 each morning and often at CNBC's New Jersey headquarters for 11 hours each day, the 40-something New Yorker says, "When I go home, I have a daughter and a husband and friends I like to keep in touch with. I have to help with homework, cook dinner, try to do any little bit of housework, get my clothes ready for the next morn-

ing..." If she's in bed by 10 p.m., it's a miracle.

When she did squeeze in some exercise, "I made the same mistake a lot of people make: I'd go out and run a whole bunch or take aerobic classes every day for three days and then get so sore that I couldn't do anything. And I'd be back at square one," she confesses.

Several of Kathleen's co-workers saw what she was going through. And lucky for Kathleen, one shared advice—advice that had the power to shrink her waistline (and yours!) in just one hour a week...

"It's the most incredible thing I've ever done!" Kathleen says

Discover the moves that melt fat four times faster

Can a workout that takes just 60 minutes a week really get results? "Absolutely," promises certified instructor Fred Hahn, owner of New York's Serious Strength gym. Hahn, the pro Kathleen's co-worker told her about, specializes in a new exercise technique called Super Slow—one proven to shrink waistlines in record time.

The concept: by using traditional toning exercises, such as push-ups and tummy crunches, but performing them very slowly—taking 20 seconds per repetition instead of just five or six—you minimize momentum, your muscles do more work in less time, and you tone up faster.

"When I first heard about this workout, I thought, 'Come on, it can't be real,'" says Kathleen. But her co-worker insisted. "So I said, 'What the heck. I'll give

it a try.'"

During her first session, Hahn had Kathleen perform repetitions as a metronome ticked. Ten seconds of exertion, then 10 seconds back to the start position. She continued these slow reps until her muscles were so tired she couldn't do another. Hahn then had her rest for as long as two minutes to allow her blood pressure to return to normal before they tried another move—a safety precaution with an added benefit. "Even though each session lasts 30 minutes, you rest so much, you're really only working out for 15 minutes," he smiles.

"I was only doing three or four reps of each move, but I could feel it working," recalls Kathleen. "I would sometimes worry, 'What if I can't do another rep?' And Fred would say, 'Relax. That's the point. You're supposed to get to the point where you can't do another one.'"

So Kathleen relaxed, and... "It worked pretty much right away," she remembers. By the second week, after just two hours of gym time, "I glanced down and said to myself, 'Look at my legs! I'm starting to see a difference there.'"

Soon Kathleen was 28 pounds lighter and so toned and trim that she had to buy clothes 4 sizes smaller. "It's really amazing," she says. "When I looked in the mirror, it was almost like I was looking at someone else!"

What was it that made Kathleen's "slow motion" workout more effective than hours and hours of aerobics? The secret lies in a few simple strategies that Hahn says anyone can use...

Just one hour of gym time can ensure results!



Kathleen says shaping up has boosted her on-the-job confidence.

Kathleen Hays

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