

Your Ideal Body in 4-6 Weeks Exercise Experts' Top Tips

Typically quick fixes aren't such a good thing... unless you're referring to fitness. Who can argue with the promise of a hot bod, obtained with little time and energy? Well, get used to it. The new trend in exercise and general health is the workout on speed. And, what better time to embrace it considering summer is arguably the easiest season to let oneself go (who needs a six-pack when you've got a killer tan and dewy skin)? Here, we've weighed in with some of the East and West Coast's leading trainers to find out:

- 1) What is the biggest no-no when it comes to fitness?
- 2) If you had to recommend one machine/workout to focus on what would it be?
- 3) What is the one piece of advice you would give people who've let themselves go all summer long and are looking to get in shape fast?

Alex Reznik: A former fitness instructor for the Russian Army, NYC-based Reznik is the force behind **Complete Body** - an exercise program that has won over the likes of model **Anne V**, **Valentino** and **Deepak Chopra**. Reznik recently launched the six-week-long Fashion Week Ready Body program, which promises to get editors and 'it' girls alike ready for the front row.

1) For health and food, the biggest no-no would be to starve yourself, which can ruin your metabolism and make long-term weight loss almost impossible. For fitness and exercise the biggest no-no is to over-exercise or not to get rest, which could cause injuries not allowing you to exercise for months.

2) This has to be custom-made to each person's goals and level of fitness, so I would recommend focusing on a machine or workout that a person enjoys, or that they don't dislike, because in this case clients will continue their workouts and have positive emotions as a result.

3) I would focus on one's diet - small meals more often, and less at night - and, again, find an exercise or physical activity you enjoy.

