



Violet Zaki

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Finally...Flab-Free!

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finally...
flab-free!

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BY LIZ NEPONENT
PHOTOGRAPHS BY ADAM OLSZEWSKI

YOU'VE HAD IT! THE FLAB MUST GO, and now, but your regular weight routine just isn't cutting it anymore. To firm up your body—especially those pesky trouble zones—fast, you need to burn more calories while you tone. Violet Zaki, star of the new Crunch Cardio Sculpt video, used this concept to design a superior total-body workout. "These exercises target several muscle groups at once," says Zaki. Because they are more challenging, rev the metabolism faster and up your calorie burn, the moves do a better job of toning and firming than traditional resistance moves that focus on a single muscle group, she adds. Other perks: improved balance, coordination and posture.

Zaki recommends doing this workout—a high-energy blend of strength training and traditional acrobatics—three to five times a week. Do 10 to 12 repetitions of each exercise with 30 seconds or less of rest in between. Complete the entire series three times. "You should notice more defined muscles and a drop in body fat in about a month," she says. Now those are the kinds of results that we can all live with.

