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Holiday & New Year's 2016 Fitness Hack Tips: How To Hit The Gym & See Results

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- Reality Star Beauty Secrets: 'Married To Medicine' Wife Talks Hair, Makeup & Fitness
- Reality Star Beauty Secrets: 'Married To Medicine' Wife Talks Hair, Makeup & Fitness Pt. 2

So you're determined to stay fit despite the season for holiday feasting? Good for you! **Franci Cohen**, a NYC certified fitness trainer, nutritionist and exercise physiologist has the tips you need. The gym guru provided her take on how to hack your way to better fitness before New Year's!

events," Cohen explained. "However, mixing strength exercises with a cardio interval, like a 30 second sprint, will boost the metabolism and growth hormones," the fitness pro advised.

Strength with Cardio. "For most, weight-training and cardio exercise are two separate



Train Like an Athlete. "Huge biceps look great, but are unlikely to contribute to overall health," Cohen said candidly. "Instead of training like a bodybuilder, try exercising like an athlete. Include plyometrics, kettlebell swings and sprints in your training plan to add intensity and variety to workouts while improving overall fitness," she said.

Go Compound. Cohen says to try multi-joint or compound exercises that engage multiple muscle groups at the same time. "Replace isolated exercises, which only focus on one muscle group at a time, with movements like

the squat or deadlift to burn more calories and increase your metabolic rate," Franci pointed out.

Go Heavy. Lifting heavier weights for less repetitions helps to build strength and shed fat. "Start with a weight that is manageable for fifteen reps. Then add weight over time to find a weight that is doable for eight to ten repetitions," Franci noted. "Remember, always practice perfect form, and try to work for an extra rep before calling it quits," she said.

Bring a Friend. Working out with a partner improves results and makes the going-to-the-gym experience a more enjoyable one. "Having a partner to provide encouragement during workouts can help you get the most out of them. And when you have someone relying on you to do the same, it makes you accountable and more likely to show up for workouts," Cohen said.