



WITNESS THE FITNESS



AS USED BY... MADONNA  
**POWER-PLATE  
 NEXT GENERATION**  
 FROM \$6,050 OR \$20 PER SESSION

www.power-plate.us  
 Weight Before 87.00kg → After 85.01kg  
 How does it work? This vibrating platform makes your muscles work double-time. Short bursts of sit-ups, push-ups and holding of strained, yoga-style poses give you the equivalent of a full workout in a fraction of the time.  
**The verdict** Vibration initially felt great – until we woke up the next day. The agony! Over the month, though, our muscular hangovers faded and we were soon performing 50 push-ups on its most teeth-jangling setting, while feeling like we had Red Bull fizzing through our veins. Overall, we can enthusiastically recommend getting shaken into shape on this. It rocks (literally).

T3 ★★★★★