



THE POWER PLATE

WHAT IS IT? A vibrating platform that you do gentle exercises on (like squats and stretches). The pulsating Power Plate encourages muscles to contract and relax up to 50 times a second.

WHY WE LOVE IT: Madonna, Natalie Imbruglia and Claudia Schiffer are all fans. Plus, anything that promises to give results of an hour-long gym workout in just 15 minutes has to be good.

VERDICT? No team sports, no sweaty gym workout, not much pain, lots of gain. Don't get us wrong, it doesn't replace cardio, so don't expect to turn into a fitness video host overnight unless you combine it with a healthy diet and regular fat-burning cardio exercise.

WANT MORE DETAILS? Head to www.powerplate.com.au

THE LAZY GIRLS' GUIDE TO GETTING FIT

We've all had moments when exercising is just too damn hard. But what if you could get the same result in less time?

TOO BUSY FOR A WORKOUT?

➤ We all might talk about fitness, eating and all-round discipline, but quite often we don't practise what we preach. Why? Because it's hard! We asked LLIX 'R trainer Adam Vine-Hall for advice on how to get maximum results in the shortest amount of time.

MYTH: FOR RESULTS, YOU NEED TO EXERCISE FOR AT LEAST 30 MINUTES AT A TIME.

BUSTED: Nope, the American College of Sports Medicine recommends an accumulation of 30 minutes of exercise per day in 10-minute blocks for general health, so try a walk around the park in your lunch hour or take the stairs instead of the lift. Shorter and more intense workouts are the key to staying motivated.

MYTH: EXERCISE TIRES YOU OUT. WHO HAS THE ENERGY AFTER A 12-HOUR DAY?

BUSTED: After the first few sessions you'll find you're more energised. Why? Because it increases your metabolism, the process of turning food into energy.

QUICK HOME WORKOUT

Start by doing push-ups on your knees then up the difficulty level by switching to your toes. Do three sets of 10-12 reps. For a cardio boost, jog on the spot, kicking your knees up higher than your hips. Jog for three minutes, then rest. Perform a set of push-ups during this downtime, as it'll keep your workouts shorter and more intense. Repeat four times.

LUNCH-BREAK SESSION

Jog or power walk to your nearest park, and do a lap of it (jogging is best), then take a rest. Now go through a circuit of 10 push-ups, 10 dips on a bench, 15 crunches and 20 seconds of plank. Repeat this routine, including the lap!

RPM GIVING YOU THE SPIN?

Try a new, gym-free activity. Grab a friend, hire a kayak, and spend a day on the water - you'll be working out and enjoying a new activity at the same time. Indoor rock climbing is a heap of fun too - it almost doesn't feel like exercise.



CLEO TESTED

HYPOXI

WHAT IS IT? A vacuum machine that contains a bicycle. As you pedal, the pressurised capsule alternates between a vacuum and compression effect, to help encourage the flow of blood and oxygen, burning fat in the process. **WHY IS IT SO HOT RIGHT NOW?** Robbie Williams went from flab to fab for his 2006 tour using it, and we all know how hot he looked! **THE VERDICT:** You have to squeeze your body into a worryingly cling-wrap-tight bodysuit, and then into something that resembles a coffin, but once you're past the weird stuff, you just pedal away, while watching your fave DVD (Carrie's butt in SATC was my motivation). After 10 half-hour sessions, I was down a dress size. **WHERE CAN I DO IT?** Check out www.hypoxi.com.au for more info.

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SMART SHOES

WHAT ARE THEY? The hottest foot candy in Hollywood. Chung Shi shoes work you out while you walk! What more could you want? With a built-in "balance bar", they work by slightly destabilising the foot, creating a kind of continuous tension that puts your muscles through their paces. This keeps the wearer's posture perfect and strengthens lazy limbs, not to mention burning more kilojoules. **CELEBRITY CONVERTS:** Chung Shi runners have a stable of A-list fans, including Kate Hudson and former model Jerry Hall. And a girl can never have too many pairs of shoes, right? **THE END RESULT:** Wearing them feels like walking in heels for the first time. But once you get used to that, you'll be able to feel the shoes working their magic straight away, with better posture and a more energised body. **I WANT A PAIR NOW!** Visit www.chungshi.com for more info.

TRICKS FROM A CLEO STAFFER

Features ed Sarah Gawthorne lists the top four motivational tips she learnt on her recent three-month body makeover. **■ Create a play list on your iPod with all the songs that really get you pumped.** **■ Invest in new gym gear.** Looking good (ie, not wearing those fraying trackies and a singlet top from 1998) is a huge help in terms of your mental state when working out. **■ Find a time in the day that suits you best.** If you don't feel like logging it out after a hard day at work, go before or at lunchtime. **■ Kilos aren't always the best gauge of how your training is progressing,** so get out a tape and measure your upper arms, thighs, chest, girth, stomach and hips weekly or fortnightly.

KETTLEBELLS

WHAT DO THEY DO? Resembling a cannon ball with a handle, kettlebells are designed to work multiple muscle groups simultaneously by using dynamic, total-body movements. **WHY THEY'RE HOT:** Geri Halliwell swears they were the key to her shape change - no, not that near-emaciated look she sported in 2001, but the healthy, toned, buff body she rocked on the recent Spice Girls reunion tour. **THE VERDICT?** It kinda hurts, but a little pain is well worth it. Plus the fact that 15 minutes of kettlebell exercises produces similar results to an hour spent at the gym (burning up to 6,276 kilojoules an hour, compared with roughly 2,300kJ of running on a treadmill) keeps us going. Just don't go swinging these bad boys near anything breakable! **WHERE CAN I GET THEM?** You can buy online. Log on to www.kettlebells.com.au for info.



CATCH ONTO THESE FITNESS CRAZES ...

AND, AS JANE FONDA WOULD SAY, FEEL THE BURN!

HULA HOOPING: The latest trend in the US embraces leg warmers, belted leotards and all things '80s. That's right - the hoop is back! Forget the light plastic version from your childhood, though, they're now weighted and sculpted to engage every muscle as you gyrate.

It's more than just grooving - it'll have you kicking, punching, jumping, flipping and balancing on your hands.

CAPOEIRA: Capoeira is a combination of dance and traditional martial arts moves, plus a splash of gymnastics. But

it's more than just grooving - it'll have you kicking, punching, jumping, flipping and balancing on your hands. **LAUGHING:** If you're really not down with a sweat session, how about settling time for regular giggling? Watch a funny movie or head to your local yoga studio for some laughing yoga - it'll not only tone your stomach muscles, but lower stress levels too.