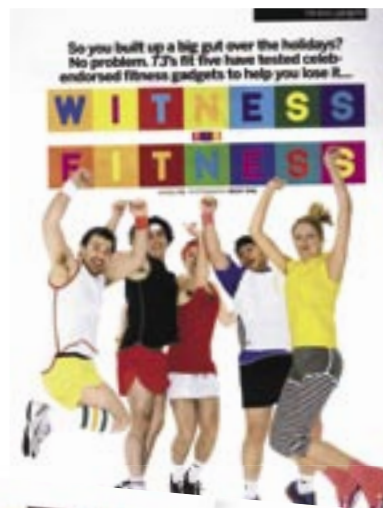




# Cellulite blast-off!

## 2 Power-Plate: shake it

Firstly, picture a scale that vibrates. When you exercise on it, your muscles contract from the trembling sensation and suddenly **one 30-sec squat equals 900 squats** — so it cuts your workout in half! For \$6,000 you can get one in your house like Kylie Minogue, otherwise see [www.powerplate.com.au](http://www.powerplate.com.au) or call 1800 633 009 to find your closest centre. It costs \$20 for a 20-minute session.



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

[www.power-plate.us](http://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** ★★★★★





## TECHNOLOGY

### VIBRATING PLATFORM **POWER PLATE MYS**

#### STAND AND DELIVER

This machine is begging for a cheesy ad campaign featuring the old Beach Boys' favourite *Good Vibrations*. In its absence, let us explain that it works on the principle that vibrations cause involuntary muscle contractions. At the lowest setting, the platform vibrates 30 times per second, meaning 30 seconds of a position like, say, a squat, is equivalent to 900 squats. If you need further validation, it's used by the likes of Manchester United and Collingwood Football Club and Kylie and Elle swear by it. (\$8000; [powerplate.com.au](http://powerplate.com.au))