



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)