

NW
NEW WEEKLY

ALL NEW PICS!

Britney's
NEW LIPS
& Botox ... nose job & lipo next!

FRAIL ANGE

IS SHE BACK ON DRUGS?

BRAD'S DESPATE

'She's not the w
I fell in love w

The machine vibrates to make muscles contract up to 50 times a second, and users swear it gets quick results. "I can already see a difference in my legs and stomach after just two weeks," says Elle. "Everything's much firmer."

Supermodel Claudia swears by it. "I can do a really intensive work-out in such a short space of time," she says.

NW Magazine
Nov 5, 2007

Catch the VIBE

A new regime will tone you – in no time!

Does toning your body in just 10 minutes sound too good to be true? Not if you're Madonna, Elle Macpherson, Claudia Schiffer or Kylie Minogue. All these celebs – known for their hot

bods – are fans of the new super-fast training regime called Power-Plate.

The machine vibrates to make muscles contract up to 50 times a second, and users swear it gets quick results. "I can already see a difference in my legs and stomach after just two weeks," says Elle. "Everything's much firmer."

Also, holding different positions on the vibrating platform means your body compensates for the uneven surface, so is similar to exercising with a Swiss ball.

You can get a full-body work-out, and with each move taking between 30 seconds and a minute, you can fit your weekly work-outs into your lunch hour.

Supermodel Claudia swears by it. "I can do a really intensive work-out in such a short space of time," she says.

While pop stars Kylie and Madonna both reportedly have the machines in their homes so they can hop on any time, most of us can't afford to buy our own super-gyms, which go for several thousand dollars. Fortunately, plenty of health clubs around Australia now have their own machines. To find out if there's a gym near you with a Power-Plate, call 1800 633 009.

YOU'LL FIRM UP FAST!

POWER-PLATE mys

Power-Plates has helped Claudia keep her stunning figure