



Get the power



Kylie Minogue (in London on Feb. 6) uses the Power Plate. "It is a great invention," she said.



It looks a bit like a treadmill, but the Power Plate is actually a machine that uses WBV—whole body vibration—and has straps attached to a platform for resistance training. Celebs such as Natalie Imbruglia and Kylie Minogue are among fans of the apparatus, which provides "a convenient, time-efficient workout," said Kylie. A 15-minute program, three times a week, is recommended to improve flexibility, range of motion and strength.

Power Plate, from \$6,000 (or to hire, \$20 per 20 mins); powerplate.com.au.