

IT'S SPORT, AND IT'S PERSONAL

WHEN YOU BUY ONLY \$2.95 Daily Telegraph Sunday Telegraph

ISSUE 32 MARCH 2008 \$2.95 (INC. GST)

ALPHA

ONLY IN SPORT...

... do you go on TV to talk about your baldness treatment!

+103 other ways sport is nothing like real life

CADEL
What goes on Le Tour... The World's Best Cyclist Tells All!

EXCLUSIVE! Alpha goes backstage with Beckham

INTRODUCING THE HOCKEYROOS' LEADING LADY

FREE! PULL-OUT FOOTY TRAINING PLAN PLUS 10% OFF FOOTY BOOTS
REBEL Conditions Apply

SYMONDS HITS OUT!

"I Won't Be Lighting My Barbie For Harbourside"

Best Grooming Betting on Healthiest Cool Sport

ISSN 1832-6838



ALPHA
March 2008

Power Plate Pro 5

If somebody told you that standing on a vibrating platform could slash the time you spend training by 75 per cent, would you believe them? Madonna and Kylie Minogue would - both are fans of the Power Plate. The extra effort your body exerts trying to keep upright while standing on the shaky plate gives your muscles a super-quick work-out.

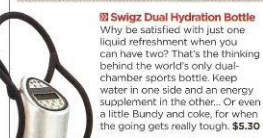
The Goods GEAR & GADGETS

Sports Science

Take a little of the sweat out of your work-outs, if not the pain, with the latest high-tech training aids and equipment



Adidas Predator PowerSwerve
With a name as forceful as this, simply slip these on your feet and you should own *joga bonito* thanks to the placebo effect alone. According to the boffins in white coats, these boots impart three per cent more power to your kicks, and up to eight per cent more swerve. Given they were developed in conjunction with Zinedine Zidane, they probably help your headbutts, too. **\$280**

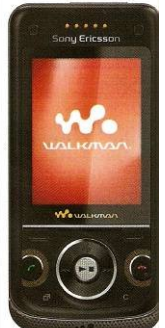


Swigg Dual Hydration Bottle
Why be satisfied with just one liquid refreshment when you can have two? That's the thinking behind the world's only dual-chamber sports bottle. Keep water in one side and an energy supplement in the other... Or even a little Bundy and coke, for when the going gets really tough. **\$5.50**



Power Plate Pro 5
If somebody told you that standing on a vibrating platform could slash the time you spend training by 75 per cent, would you believe them? Madonna and Kylie Minogue would - both are fans of the Power Plate. The extra effort your body exerts trying to keep upright while standing on the shaky plate gives your muscles a super-quick work-out. Though it'd probably be cheaper to buy a jackhammer. **\$14,850**

Timex Ironman iControl
Fumbling with your iPod to change tracks while on the run can be dangerous. One minute you're trying to turn up *Survivor's Eye Of The Tiger*, the next you're under a bus with your insides on the outside. Answer: this lightweight, water-resistant watch, which allows you to control your tunes with just a flick of your wrist. **\$199**



Sony Ericsson W760
Haven't got a running mate to pound the pavements with you? Fear not, this phone is better than any sweaty, striking jogging buddy. Yep, it's a phone. Yep, it's a quality MP3 player, but it also comes with built-in fitness software that tracks your running time, distance and speed. Don't like a song? Just give it a quick shake and it'll skip to the next one. Handy, unless you're running over rough terrain, which means you'll probably only hear five seconds of each track. **\$78A**



Nike + iPod Sports Kit
If you own an iPod nano, you can turn it into a training tool with this gizmo. There's a thingy that attaches to your iPod and a doodad that you put into compatible Nike shoes. Together, they come up with all your work-out stats: distance, time, pace and calories burned. You can even upload your details and take on other runners around the globe, virtually. **\$48**

Motorola Bluetooth Active Headphones S9
You're sweating, your heart is pumping, you're training and right in the zone... And your headphone cables are in a tangle. Never again, if you've these high-tech wireless headphones, which, thanks to integrated Bluetooth, let you stream music and phone calls wirelessly from compatible mobile phones. More importantly, they make you look cool, and not like Princess Leia on a bad-hair day. **\$149.95**

