

Desktop top:

Australian Design: Digital Culture:

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Cover my cover
Is album cover
design still relevant?
Studio of dreams
W

Design for a virtual world

Iconology

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POWERPLATE MY5

■ Price on application

■ www.powerplateaustralia.com

Everything in your studio of dreams so far has been made with one purpose in mind - keeping you sitting at your desk. In today's time-poor, high-pressure economic environment there's no mercy for those who want to sacrifice work hours for the sake of their fitness. So if trips to the gym are out of the question, bring the gym to you with this stylish, discreet exerciser.

Called acceleration training, the pedestal vibrates in such a way as to stimulate your body's

natural response to vibration with improved blood circulation, muscle tone and flexibility, and bone mineral density.

It all sounds complicated until you realise you need only hop on for three 15-minute sessions a week for it to have an impact on your health by loading the human frame with the maximum amount of movement with the minimum amount of impact stress produced by running or traditional training.

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