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**FITNESS**

Today's state-of-the-art fitness equipment ensures quick results, but you need to choose a device that's just right for you, says Donna Jones

## new-age fitness

**vibration training**

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**How it works**  
According to Casey Bawden of Power Plate Australia, the vibrations cause a "stretch reflex." "Basically, the machine is doing the work for you, contracting your muscles in the same way if you were performing the same exercise without vibration," she says.

**Its appeal** About 15 minutes on the vibration machine is said to simulate a one-hour gym session and, on the lowest setting (which vibrates 30 times per second), holding a squat for 30 seconds equals 900 squats. Other reported

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benefits include improved coordination, enhanced blood circulation, acceleration of weight loss, increased flexibility and range of motion, plus reduction in the appearance of cellulite.

**Who it suits** The machine isn't suitable for people who are pregnant, wear a pacemaker, have insulin-dependent diabetes, suffer from acute thrombosis, acute diseases such as cancer, osteoporosis or who've had a recent operation or surgical intervention.

**Getting started** Prices for home models range from \$6050 to \$8800. For a trial run, contact Power Plate Australia (1800 633 009, [www.powerplate.com.au](http://www.powerplate.com.au)). Costs about \$15 for a 15-minute session.

**The verdict**  
"I've noticed vibration training has had a dramatic effect on my core strength and arms. But I feel I need to do vibration training in association with traditional cardio training to get a complete workout."  
Prue MacSween, Sydney, NSW

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