OK Magazine
December 24 2007

TINSELTOWN TREND

GOOD VIBRATIONS GIVE CELLULITE THE FLICK!

Promising an hour's worth of workout in 15 minutes, 'vibration training' is taking over Hollywood's gyms. Robbie Williams swears by it and, here in Oz, Erika Heynatz has been named as the 'face' of Power Plate, a low-impact vibrating machine that's all about working smarter, not harder, to

It's all about working smarter

reduce cellulite and increase flexibility, bone and muscle mass. A workout on the Power Plate (think stretches, squats and push-ups) helps to stimulate different muscle groups far more effectively than standard resistance training. Erika says: 'I use it to warm up before a major workout because it enhances my strength training and, best of all, it stretches and relieves my sore muscles at the end of a session.' Watch out for machines popping up at gyms nationally.