

New workouts TRIED AND TESTED

STAR ROAD-TESTS THE LATEST EXERCISE FADS LOVED BY CELEBS



POWER PLATE

Who does it? Dannii Minogue (left).

What the experts say: Power Plate equipment offers virtually unlimited training possibilities, enabling you to reach your goals quickly, easily and safely, no matter what your fitness level. With as little as a 15-20 minute workout a day, three days a week, you can increase your health and fitness levels as well as improve balance and flexibility, strengthen and tone your muscle, and decrease the appearance of cellulite.

What we think: Power Plate is a fantastic way to lose weight and tone up without too much effort or stress. It takes a while to get used to, but is ideal for all age groups and levels of fitness, and you really do see results after only four weeks.

Where you can do it: Go to www.powerplate.com to find your nearest facility with Power Plate equipment. **Rating:** 10/10.



HYPOXI

Who does it? Cheryl Cole (right) and Robbie Williams.

What the experts say: Hypoxi is a unique method of fat burning through performing light exercises inside a vacuum chamber. It promises to help reshape your thighs, hips and buttocks, and reduce cellulite. Tests show exercising in a Hypoxi machine burns up to three times as much fat as normal methods.

What we think: The sweat-free workout only lasts 30 minutes and is very low impact, but even after just a few sessions, there was already a definite difference. The technique is great for targeting problem areas.

Where you can do it: The Body Clinic, Urban Retreat at Harrods, London. Call 020 7893 8333 or go to www.urbanretreat.co.uk to book. Or see www.hypoxi.co.uk for more information on the technique. **Rating:** 9/10.



BEAUTCAMP PILATES

Who does it? Jennifer Aniston (left).

What the experts say: State-of-the-art Allegro Reformer machines exercise the large muscles and condition smaller muscles to increase weight loss, muscle toning, and give defined abs and flexibility.

What we think: This intensive exercise regime is not for the faint-hearted. But it's great for a streamlined body and firm abs.

Where you can do it: Visit www.beautcampilates.co.uk for more information. **Rating:** 8/10.

REEBOK JUKARI FIT TO FLY

Who does it? Mischa Barton.

What the experts say: This brand new trapeze-style workout claims to work on your core stability and balance, and lengthen and strengthen your muscles.

What we think: It's designed to make exercise fun and it certainly delivers. However, it's not easy – the Stability Bridge move, which sees you in a push-up position with your feet held in stirrups, borders on torture.

Where you can do it: Only at the Reebok Sports Club in London (www.reeboksportsclublondon.com) at the moment, but it's set to be rolled out nationwide later this year. **Rating:** 9/10.



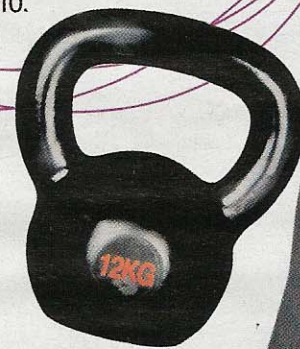
KETTLEBELLS

Who does it? Geri Halliwell.

What the experts say: This unique form of exercise is fun, fast and scientifically proven to help lose weight, tone up and improve fitness.

What we think: It is important to use kettlebells with a qualified instructor because good technique is key. They take a while to get used to, but definitely help to strengthen core muscles.

Where you can do it: Go to www.ukku.org to find your nearest instructor. **Rating:** 6/10.



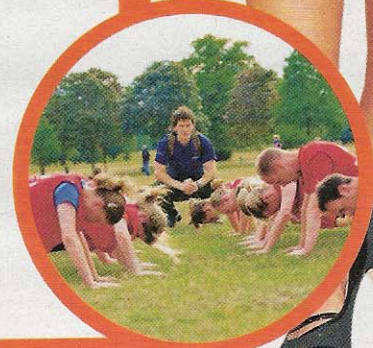
BMF

Who does it: Davina McCall (right).

What the experts say: BMF (British Military Fitness) is run by serving or former members of the armed forces. Classes are held in parks around the country.

What we think: There is lots of shouting but it certainly keeps you motivated. And the muscly instructors provide a bit of eye candy, too!

Where you can do it: Go to www.britmilfit.com to find your nearest class. **Rating:** 8/10.



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