



Power Plate workout

Tone up and transform your body shape in record time with our exclusive Power Plate workout created by Movers & Shapers personal instructor **Chris Taylor**

Hugely popular with supermodels (Elle Macpherson, Claudia Schiffer), pop stars (Madonna, Kylie Minogue) and actresses (Hilary Swank, Anna Friel),

Power Plate workouts are now de rigueur in Hollywood, where A-listers need to get big results super-fast. 'It's the quickest, easiest way to tone up and create a lean body,' says X-Factor judge, Dannii Minogue, who has been wowning viewers with her newly honed figure. 'My friends have noticed the difference in how I look. It's even made me look forward to exercising!'

The good news is you don't have to be a superstar to reap the benefits of this workout, which include weight loss, muscle toning, increased energy, improved circulation and reduced cellulite. Even if you can't afford to sign up for a course of sessions at one of the dedicated Power Plate studios on your high street, there are now Power Plate machines in most gyms. And if, like many, you've stayed away from these vibration platforms for fear of getting the moves wrong, *H&F* is here to help. Our easy-to-follow workout from Power Plate specialist Movers & Shapers (www.moversandshapers.net) will help you get the long, lean body you've always wanted.

HOW POWER PLATE WORKS

When a Power Plate platform vibrates, your body has to counteract the movement of its surface, as it forces your muscles to contract and relax multiple times per second. So, rather than relying on free weights or resistance machines to work your muscles, a Power Plate machine utilises your body weight and the natural force of acceleration (pushing or pulling against the vibrations) to provide a safe, highly-effective, low-impact workout. 'Holding a squat position on a stable surface isn't a particularly effective exercise,' says Evelyn Stevenson, Power Plate instructor at Movers & Shapers. 'When you perform normal squats, you rest at the top of the exercise before lowering back down. But when you perform squats or hold a static squat position on a Power Plate, you work your muscles continuously against the vibrations.' Because the muscles are worked so effectively, you only need to perform each exercise on a Power Plate for a maximum of 60 seconds, meaning you can get an intense full-body workout in less than 30 minutes.

The number of vibrations per second (hertz) you exercise at depends on the type of activity you're doing on the Power Plate. 'All exercises should be performed at 30–35 hertz, except for when you're stretching at the beginning of the workout or cooling down at the end with a massage, when you work at 40 to 50 hertz,' says Stevenson. 'If you work at 30 hertz, your

body will be working 30 per cent harder than if there were no vibrations. If you exercise above 40 hertz, your muscles won't be able to respond to the faster speed and you won't get the full benefit.'

THE WORKOUT

This full-body workout will tone all the muscles in your body, including your core. There are 10 moves, consisting of a stretch that acts as your warm-up (you don't need to do cardio to warm-up first), eight toning exercises and a massage at the end that will help flush out any lactic acid build-up. The workout is flexible, so if your fitness levels are low, just do one circuit of the moves in the order shown. If you're looking for a bigger challenge, do two circuits (leaving out the massage at the end of the first circuit and the stretch at the beginning of the second circuit). It's important to maintain your technique and posture to get the full benefits – if you find you lose good form over the full 60 seconds, do each move for 45 seconds, until you feel fitter. For best results, do this workout two to three times a week.

TRAINING TIPS

To get the most from your session, follow these tips from Power Plate instructor Evelyn Stevenson.

- 'Ideally, have an instructor on hand to guide you through your Power Plate sessions. If you don't learn the correct positions, you won't get the full benefit. If this isn't possible, try to work with an instructor on your first session at least. Movers & Shapers is offering a free 30-minute, one-to-one trial session to *H&F* readers (see page 115).'
- 'To keep the workout flowing, avoid long rests between the exercises, but stop to drink water when you need to.'
- 'Where possible, get into position on the platform first and then press the start button, so you don't waste seconds.'
- 'Always have a soft bend in the knees and elbows. Never lock your joints, as the vibrations will travel through bones rather than muscles, which may give you a headache.'
- 'In every exercise, activate your core by drawing your belly button "in and up".'



1. POSTERIOR CHAIN STRETCH (WARM-UP)

HOLD FOR 60 seconds
HERTZ 40–50hz on low setting
WORKS Hamstrings, calves, glutes and lower back

Stand towards the back of the Power Plate platform facing the control panel. Feet shoulder-width apart, hold on to the handles for support. Bend forwards at the

hips and straighten your arms while pushing your pelvis backwards until you feel a stretch in the back of your thighs. Lift your toes up and push your heels into the platform to increase the stretch in your calves. Keep a flat back and don't let it arch or dip.

Progression: Inhale and, on the exhale, push your bottom out further. ➤



2. BRIDGE

HOLD FOR 60 seconds
HERTZ 30–35hz on low setting
WORKS Core stability

Lie in front of the Power Plate with your back on a mat. Place your feet in the centre

of the platform and adjust your position so you can lift your hips off the floor and balance your body weight between your shoulders and feet. Try to keep a straight line running from your shoulders to your knees. Pull your belly button 'up and in' to activate the core of your body and maintain a strong back.

4. LUNGE WITH FRONT SHOULDER RAISE

HOLD FOR 60 seconds
HERTZ 30–35hz on low setting
WORKS Quadriceps, gluteals, shoulders and core

Stand on the floor facing the Power Plate, one stride's distance away. Holding a strap in each hand (adjust to your height requirements before you begin), place your right foot on the middle of the platform. Ease your left foot back on the floor until you form a lunge position, and lift the left heel so you are balanced on your toes. Drop your left knee down towards the floor, keeping your front knee behind your toes and your torso upright. Raise the straps in front of you and have your palms facing downwards. Keep your wrists, elbows and shoulders in a straight line, with a slight bend at the elbow, and maintain tension in the straps by pulling upward throughout.

Progression: Try turning your hands palms upwards, to work your muscles harder. Inhale and, on the exhale, increase the depth of the lunge.



3. PLANK

HOLD FOR 60 seconds
HERTZ 30–35hz on low setting
WORKS Core stability

Kneeling on a mat in front of the Power Plate, place your forearms onto the platform. With your toes on the floor, keep a neutral spine and lift your knees off the floor. Hold this position, ensuring your lower back doesn't dip or arch.



5. LUNGE WITH LATERAL SHOULDER RAISE

HOLD FOR 60 seconds

HERTZ 30–35hz on low setting

WORKS Quadriceps, gluteals, shoulders and core

Stand in the same position as 'Lunge with front shoulder raise', this time with your left foot in the middle of the platform and your right foot on the floor. Lift your arms straight out to the

sides, level with your shoulders, to form a 'T' shape. Keep your wrists, elbows and shoulders in a straight line with a slight bend at the elbow and maintain tension in the straps by pulling upwards throughout.

Progression: To increase intensity, turn your palms to face towards the ceiling. Inhale, and on the exhale, increase the depth of the lunge.

6. PRESS-UPS

HOLD FOR 30 seconds

press-ups/30 seconds static

HERTZ 30–35hz on low setting

WORKS Chest, shoulders and triceps

With a mat under your knees, kneel in front of the Power Plate. Place your hands on the platform, wider than shoulder-width apart, and raise your feet and cross your ankles (a). Bend at the elbows and lower your chest between your hands, keeping your weight forwards (b). Looking slightly forwards to keep your spine in a neutral position, push back to the starting position. Repeat for 30 seconds. After your last press-up, stay in a static position at the bottom of the movement for another 30 seconds, breathing steadily. Remember to keep your weight forward.

Progression: With feet on the ground, push up onto your toes. Or try lifting one foot off the floor for a real challenge. ➤



7. TRICEP DIPS

HOLD FOR 60 seconds

HERTZ 30–35hz on low setting

WORKS Triceps, shoulders and chest

Sit on the edge of the platform with your feet flat on the floor and your shoulders back. Place your hands underneath your bottom, slightly less than shoulder-width apart, with your fingers just over the edge of the platform. Push your hips forward until they lift away from the platform and, keeping your feet together, adjust their position so you can comfortably lower yourself down and up. Lower your bottom to the ground by bending your elbows to 90°, keeping your hips close to the platform (a). Hold this position, without allowing your arms to lock at the elbow, and keep your eyes looking straight ahead. If this is too challenging, raise and lower your body gently, by bending and straightening your elbows to add a little up and down movement.

Progression: Extend or straighten your legs out in front of you (b).



8. SQUAT WITH BENT ROW

HOLD FOR 60 seconds

HERTZ 30–35hz on low setting

WORKS Quadriceps, gluteals, shoulders and biceps

Stand on the platform with your back to the controls and hold the straps at a short length. Place your feet at the front of the platform, just in between the straps. Pushing your weight through your heels, bend at the knees until you are in a shallow squat. Lean forward from the hips, and, with your palms facing each other, reach up and backwards with your elbows, keeping your arms close to your body. Squeeze your shoulder blades together and open up your chest. Try to avoid shrugging your shoulders.

Progression: Take the squat lower and keep pulling on the straps – see if you can pull them apart.



9. SQUAT WITH BICEP CURL

HOLD FOR 60 seconds

HERTZ 30–35hz on

low setting

WORKS Quadriceps, gluteals, and biceps

Holding the straps, stand in the middle of the platform with the controls behind you. Ensuring your knees stay behind the line of your toes, lower your hips into a squat position. With your palms facing up, lift your arms in front of you, keeping a slight bend at the elbow. Focusing on your biceps, continuously pull on the straps as hard as you can. Try not to let your shoulders come forward as you tire.



10. QUAD MASSAGE (COOL DOWN)

HOLD FOR 60 seconds
HERTZ 40–50hz on high setting
WORKS Quadriceps

Place a mat in front of the Power Plate. Position yourself onto the base with the front of your thighs resting on the

platform. Rest your forearms on the mat in front of you to support your upper body. Keep a strong, flat back. You can also place a step underneath your torso and arms to aid rest. Close your eyes, relax your breathing and enjoy the massage. You deserve it!

WIN! POWER PLATE LESSONS AND OUTFIT



Power Plate specialist Movers & Shapers' seven UK stores offer a one-stop healthy lifestyle shop in beautiful boutique-feel settings. Pop in, do a Power Plate session, check your progress at the in-house health check kiosk, 'the Lab', and browse through organic and fair-trade ranges of clothing, home Power Plates and fitness accessories. Clients receive a full health MOT in the Lab – a hi-tech facility that records your body stats, lifestyle and goals, and stores them for you online to help chart your progress – plus a pocket-sized Fitbug gadget which records daily activity and feeds back to a PC when hooked up. All Power Plate sessions are led by accredited personal instructors and

there are no more than five people in each 30-minute class.

You could win a course of 10 Power Plate sessions worth £175, to be taken at the Movers & Shapers store of your choice (see below for locations), plus the gorgeous outfit our model is wearing in this workout, courtesy of organic sportswear clothing specialists, Asquith London. The winner will receive the Wrap Cardigan, £45; Fitted Bamboo T-shirt, £39, and Drawstring Pants, £45. All these items are available in sizes 8–16 online at www.asquithlondon.com or exclusively in Movers & Shapers stores; www.moversandshapers.net.

HOW TO ENTER

To enter, text the word **MOVERS**, followed by a space, then your one-word answer to the following question, 'Power Plate technology was developed for which country's aerospace programme?' then a

MOVERS & SHAPERS STORE LOCATIONS: Barnes, London; 020 8487 9988. Muswell Hill, London; 020 8444 2900. Solihull, West Midlands; 01789 205555. Stanmore, Middlesex; 020 8954 9554. Stratford-upon-Avon; 01789 205555. West Hampstead, London; 020 7372 4222. Winchester; 01962 840666.

Text lines are open until midnight on November 30, 2009. Texts are charged at 50p, normal network messaging rates apply. Open to readers in the UK. Please note that if you try to enter after the closing date, you won't be entered but will be charged. See page 10 for full H&F terms and conditions.



space, then your name, then another space, followed by the location of the Movers & Shapers store you'd like to take your course at, to 83088 by November 30, 2009.

READER OFFER!

Movers & Shapers is offering *H&F* readers a **free 30-minute, one-on-one trial** in any of its stores, plus 20 per cent off a course of 10 sessions (£140 instead of the normal £175) until the end of **November 30, 2009**. To claim, call the store of your choice, quoting '*Health & Fitness*'.