

## What's Hot... Work Out in 30 min

By Abbey Hood

Up until recently, the power plate was only available for purchase—and for a pretty penny. So when a Power Plate studio opened this June, I had to try it.

I was greeted by the trainer Will Caton. He explained Power Plate provides one of the most efficient body workouts in just 30 minutes utilizing advanced vibration technology.

The Power Plate features a central plate that vibrates during exercise. Acton had me do push-

ups, lunges and squats. The vibration naturally stimulates muscle contractions 30-50 times per second, compared to 1-2 not on a machine.

Benefits include increased fitness, strength, flexibility, muscle tone, bone density and range of motion, decreased joint and muscle pain and improved blood circulation.

Group classes (\$30 per) are available M-S. For more information, visit [www.powerplate.com](http://www.powerplate.com) or call 310-394-8601.