

## Celebrity Trainers' Favorite Workout Toys

*Fun fitness toys stars use to make exercising more exciting*

**-Debbie Emery**



Everyone gets bored with their **workouts** sometimes - and for celebrities who have to stay in shape for the sake of their careers, it's especially essential to be motivated enough to get their butts in the gym! Some hire boot-camp style trainers to drag them out of bed in the morning and force them to suffer for their fabulous figures, but stars like **Matthew Perry**, **Debra Messing**, **Nicole Scherzinger** and **Mary J. Blige** would rather their gym-time equal fun-time, so they head to trainer Adam Ernster's private fitness studio, **The Bunker** in Beverly Hills.



"People want something different. They don't have a lot of time, they love doing something new and unique that they've not seen anywhere else," Ernster told BettyConfidential.com.

When he opened his own gym last July, he vowed to give his celebrity clients an unforgettable experience whenever they walked through the door.

"It's all about variety; it's my job to make it interesting, you want to make it cutting edge," added Ernster, who purchased many of his top-of-the-line equipment from Chris Fisher

at **Out-Fit**. Here are some of his favorite fitness toys:



## **Power Plate**

*The vibrating base of the Power Plate increases muscle contraction to increase calorie burn and muscle strength, decrease cellulite and combat aging by increasing collagen*

*in your skin.*

"For what it does, the Power Plate is an incredibly efficient machine. It has been clinically proven to increase bone density, which is obviously a great concern for women, as it's similar to the vibration machines that they use in space program. It increases blood flow and will recruit 90 percent of your muscle fiber when training on it. You don't have to use weights, so it's much safer than other machines. Every movement that you normally do on the ground - such as squats, pushups, lunges or planks - can be done on the Power Plate, just more effectively. It cause the muscle fibers to fire so quickly, you can get a great workout in 30 minutes, and can also you can do massage and stretches on it. Nicole Scherzinger loves it."