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CHARLIZE THERON
A LEADING LADY'S POWERFUL PASSION

CALIFORNIA STYLE

INSIDE TECH MOGULS' SAN FRANCISCO PALACES

DIVINE DESIGN

GORGEOUS HOMES, HOTELS+RESTAURANTS
L.A.'S HOTTEST DESIGN FIRM

OCTOBER 2009 \$4.99

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C beauty

POWER PLATE

Warp-Speed Workout

A space-age machine puts exercise in the express lane

How it works: Perform a normal workout atop the Power Plate (created by the Irvine-based company) and the effect of a single set of squats or sit-ups is multiplied. The Advanced Vibration Technology causes muscles to contract 30-50 times per second compared to 1-2 times during standard exercise. Bonus benefits: increased bone density and pseudo-massages. Classes available at Power Plate—The Experience, Brentwood; Equinox, West Hollywood; powerplate.com. J.M.H.