

## Courtney Cox Gets 'Cougar Town' Fit With Power Plate

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**Power Plate** is a vibrating workout machine that is currently all the rage in Hollywood. **Courtney Cox** is using Power Plate to stay in shape for "Cougar Town" and **Madonna** along with **Cindy Crawford**, **Serena Williams** and **Gina Gershon** are Power Plate lovers. Best of all, it is proven that Power Plate can lead to weight loss, especially belly fat.

“The Power Plate® machine has dramatically changed my workout. I know that every muscle in my body is being ignited in ways that you can't do with traditional training. Its uses are limitless. I love this machine!” says Cox Arquette.

“My clients, like [Courtney Cox Arquette](#), prefer Power Plate® machines to tone, tighten and get red-carpet ready in less time,” says celebrity trainer Michelle Lovitt.

“If your schedule doesn't always allow time for traditional exercise, Power Plate® Acceleration Training™ is great because you get a full, targeted workout in as little as three 30-minute sessions a week, and still see amazing results.”

**The workout:** Used by elite athletes (like Serena Williams) and celebrities (like Madonna & Courtney Cox), Power Plate machines provide one of the most efficient total body workouts in just 30 minutes, utilizing scientifically-proven Advanced Vibration Technology that naturally causes muscles to react multiple times per second while you exercise.

**The Benefits:** Increased flexibility, strength, bone density and range of motion; decreased [joint and muscle pain](#) and improved blood circulation and lymphatic return. Aesthetic benefits include: enhanced skin tone through increased collagen production, cellulite reduction and greater production of regenerative hormones to help maintain a more youthful appearance. A recent study found that exercise on Power Plate machines helped participants lose more weight, especially belly fat, than traditional exercise.

**A Cougar Workout**  
★★★★★



0:00 / 7:00

YouTube

**Cindy Crawford Uses Power Plate**  
★★★★★



Daytime  
Cindy Crawford Chat!

0:00 / 1:09

YouTube