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JOANNA KRUPA FEELS THE VIBRATION

Playboy's Sexiest Swimsuit Model Reveals her Hot Body Secrets

Having graced the cover of men's magazines worldwide, Joanna Krupa is no stranger to baring it all in front of the camera. So how does she stay looking so incredible?

Joanna admits that although working out isn't her favourite pastime, she loves the fast results she can achieve with the Power Plate® machine.

"I'll let you in on a model secret: working out on a Power Plate machine is the absolute fastest and easiest way to stay in great shape," says Krupa. "It also reduces cellulite and help keeps your skin looking great. What more could you want?"

"My job keeps me extremely busy, but it also demands I stay in shape. It's not always easy when you are working long hours on a set and eating whatever is available. The Power Plate machine is my workout wonder! It has helped me develop the toned, lean muscle mass I need in next to no time and I feel stronger and more flexible."

"I don't like to spend time working out, but I know I need to do it," says Krupa. "I love exercising on a Power Plate machine because I can do it for a half hour, three times a week and be done with it, and I still get the results I want."

Krupa has posed for many men's magazines as well as being voted one of the world's Sexiest People by the E! network. Krupa has also taken part in PETA's "I'd Rather Go Naked Than Wear Fur" campaign, and has recently participated in the US version of Dancing With the Stars.

#ENDS

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